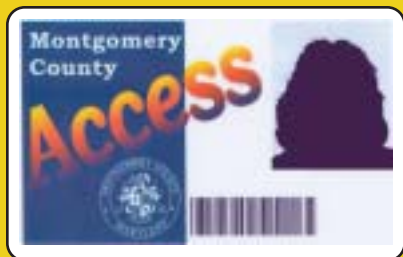


Montgomery County **RECREATION** DEPARTMENT

SUMMER 2005



Fast...Easy...Access to Fun



Important information inside about
NEW, free Access Cards



www.montgomerycountymd.gov/rec

From the County Executive



OFFICE OF THE COUNTY EXECUTIVE
ROCKVILLE, MARYLAND 20850

Douglas M. Duncan
County Executive

Summer 2005



Dear Montgomery County Resident:

Did you know there are now seven outdoor public swimming pools in Montgomery County? Look inside this issue of the Recreation Department Summer 2005 Guide and check out the pool location that's convenient for you. Then, purchase a summer membership or just drop by for a day of swimming and relaxing in the sun.

For a fun-filled afternoon of interactive recreational activities and events for children, plan on attending the third annual KidFest on Sunday, May 22, from 1 to 5 p.m., at the Fairland Community Center, located at 14906 Old Columbia Pike in Burtonsville. This free event celebrates the children of Montgomery County and features a physical fitness area, a Safety Village staged by the County's Fire and Rescue Service and entertainment including clowns, a puppet show, a magician, moon bounce, arts and crafts, singing and dancing. For more information, visit the Recreation Department's website at www.montgomerycountymd.gov/rec.

For those of you who are not familiar with the ACCESS cards, I am pleased that the Recreation Department is expanding its use of these cards for all its programs and facilities. ACCESS cards are free and allow for enhanced security while providing faster registration, express entrance into recreation facilities and more. There is information about ACCESS cards in the center section of this guide.

Take some time to look through the many offerings included and sign up now for one of the classes or programs being offered through our Recreation Department.

Sincerely,

Douglas M. Duncan
County Executive



www.montgomerycountymd.gov

WHAT'S INSIDE

Access Card Informationcenter spread	RecWeb & STARline Registration 57
Aquatics Programs8	Registration Form61
Water Fitness9	Registration Information60
Competitive Programs11	Schools & Clinics53
Swim Lessons12	Seniors-55 and Forward Thinking5
Summer Camps & Programs31	Senior Centers and Programs5
Center Rental Information50	Senior Outdoor Adventures (SOAR)7
Classes37	Special Activities & Events6
Art & Crafts for Youth37	Teen Activities29
Art & Crafts for Adults37	Therapeutic Recreation Programs30
Dance for Youth39	The Sports Pages32
Dance for Adults39	Wellness Feature2
Cooking40	What's New3
Music41	
Fitness, Exercise & Wellness41	
Martial Arts45	
Instructional Sports46	
Tiny Tots47	
Xciting Xtras49	
Charles W. Gilchrist	
Cultural Diversity Center51	
Employment Opportunities	
Aquatics Part Time Staff8	
Contractors & Staff28	
Extras	
BlackRock Center28	
Maryland-National Capital	
Park & Planningback cover	
Round House Theatre36	
Facility Locations58	
Financial Assistance60	
General Information	
ADA statement52	
Cancellation Policy1	
Recreation Dept. Advisory Board52	
Se Habla Español1	
Volunteer Opportunities28	
Recreation Service Regions & Centers . .59	



Cancellation Policy

The Montgomery County Department of Recreation (MCRD) holds programs in Department community, senior and aquatic centers, public schools, park facilities and private facilities. The cancellation of MCRD scheduled programs is determined by the Community Use of Public Facilities (CUPF) and is announced on WTOP am 1500 and WMAL am 630. Weekdays and weekends when schools community activities are closed due to weather conditions or other emergencies all programs are cancelled, regardless of facility. Announcements will be made on the radio stations noted above. Community centers and Aquatic centers will open for drop-in activities as conditions permit. Please call the centers directly for information. The MCRD program message line is 240-777-6889. This recording will be updated regarding cancellations for MCRD classes, activities and sports programs.

Se Habla Espanol

Si está interesado en obtener más información del Departamento de Recreación sobre los programas, proceso de asistencia financiera, actividades, centros recreativos, clases, eventos especiales, o oportunidades de empleo, por favor llamen al 240-777-6839. Ofrecemos una variedad de actividades en donde personas de todas las edades pueden participar. Si tienen ideas o sugerencias de otros tipos de programas, por favor llamen al 240-777-6839.

Summer Sounds in the Parks

Including military bands, children's performances,
and a variety of other styles of music.

June 21, 2005, 7:00pm Cabin John Regional Park
Flumpa® and Friends LIVE!

June 22, 2005, 7:00pm Wheaton Regional Park
Mister Don

June 26, 2005, 7:00pm Whalen Park (Poolesville)
Project Natale

June 28, 2005, 7:00pm Cabin John Regional Park
Paper Umbrella

June 29, 2005, 7:00pm Wheaton Regional Park
Cletus Kennelly and Lori Kelley

July 10, 2005, 7:00pm Whalen Park (Poolesville)
Bob Perilla's Big Hillbilly Bluegrass

July 12, 2005, 7:00pm Cabin John Regional Park
The Back Pages Band

July 13, 2005, 7:00pm Wheaton Regional Park
Ray Owens

July 19, 2005, 7:00pm Cabin John Regional Park
Battersby Duo

July 20, 2005, 7:00pm Wheaton Regional Park
Annie Sidley Band

July 27, 2005, 7:00pm Wheaton Regional Park
Cruisers

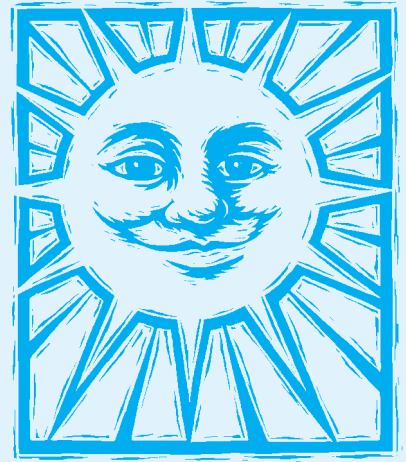
August 2, 2005, 7:00pm Cabin John Regional Park
David Bach Consort

August 3, 2005, 7:00pm Wheaton Regional Park
The President's Men 'Barber Shop'

August 7, 2005, 7:00pm Whalen Park (Poolesville)
BanjerDan

August 10, 2005, 7:00pm Wheaton Regional Park
Annapolis Bluegrass Coalition

August 23, 2005, 7:00pm Cabin John Regional Park
Commodores



**FREE
CONCERTS**

Music and
entertainment
for the whole
family.

Bring blankets
or lawn chairs,
maybe a picnic,
and enjoy one
of summer's
great joys.

All concerts start at 7:00pm. In case of inclement weather, concert will be cancelled.

Call 240-777-6821 for information or see montgomerycountymd.gov/rec

What's New!

Check out what's new this Summer

In Classes

See pages 37-56 for complete program listings.

Reflective Reflections: Photographing Highly Reflective Objects ages 16&Up. See page 37 for more information

Studio Art ages 14-18. See page 37 for more information

Seasonal Floral Arrangement ages 18&up. See page 38 for more information

Teardrop Bead Bracelet ages 13&up. See page 38 for more information

Chandelier Earrings ages 13&up. See page 38 for more information

Mosaic Coffee Table ages 15&up. See page 38 for more information

You can do Watercolors! ages 17&up. See page 37 for more information

European Pottery all levels ages 16&up. See page 37 for more information

Ceramics for the Outdoors ages 9&up. See page 37 for more information

Summer Salads ages 15&up. See page 40 for more information

Summer Desserts ages 15&up. See page 40 for more information

May Events

- 22 **KidFest** Fairland Community Center. 1-5pm. A Recreation festival to celebrate the children of our community. Ages 0-10. Featuring clowns, puppet show, magician, moon bounces, singing, dancing, Hearts 'N Parks physical fitness/nutrition area, community activities including arts & crafts, games, and more. FREE. 240-777-6821.
- 25 **Senior Forum** Long Branch Senior Center. 11am. Voice your concerns or compliments about county services for older adults to Hal Wallach, Chair of the Montgomery County Commission on Aging. FREE. 301-431-5708.

June Events

- 3 **Fiesta Dance** Schweinhat Senior Center. 7:30-10pm. For adults and teens 15 & up with disabilities. Featuring a DJ, light refreshments, and opportunities for socialization. \$5 for club members, \$7 for non-club members. 301-468-4540.
- 10 **Family Movie Night** Upper County Community Center. 7pm. All ages. The movie "The Incredibles" will be shown on a 10-foot screen inside the gymnasium. Relax and enjoy a fun movie night with your family. Bring your blanket or lawn chair. FREE. 301-840-2469.
- 18 **Dad's Day Out** Damascus Community Center. 10:30am-1pm. This event is meant to show appreciate for Dad. A hike along the trail, where families bring childhood memories and stories. Followed by lunch. Reservations and \$25 materials fee due by June 12. 240-777-6930.

July Events

- 6, 13, 20, 27 **Kids and Grans** Long Branch Senior Center. 10:30am. Adults age 55+. Representatives from Arts for the Aging conduct a delightful intergenerational program of song, dance, and cultural sharing. FREE. 301-431-5708.
- 10 **Early Ford V8 Car Show** Longwood Community Center. 8am-2pm. Fun for the whole family. Antique and classic cars on display. Admission is free. For more information or to register a vehicle for display, call 301-570-1200.

August Events

- 2 **National Night Out** Longwood Community Center. 5-8pm. Nationally recognized event for crime prevention and safety awareness. Fun activities for children, food vendors, entertainment, and more. FREE. 304-570-1200.
- 9 **Improving Health through Massage Therapy** Long Branch Senior Center. 11am. Adults age 55+. Learn about the benefits of massage and how it can improve your health from a massage therapist. FREE. 301-431-5708.



Join our ACCESS Card Scavenger Hunt!

We have hidden cards throughout this guide. Count the cards and call us at 240-777-6820. The first 50 people to find all of the cards will receive an ACCESS Card T-shirt. Please, only one winner per household.

Find out more about our new ACCESS cards and enjoy more games in the center spread in this guide.

ACCESS
It's free and it's
required



WELLNESS FEATURE

The Wonder of Water: A drink to your health

When you look at how much water people actually drink, there will be:

- 10% of people who never drink a plain glass of water during the day.
- 30% who drink 1 or 2 glasses per day.
- 40% who drink from 3 to 5 glasses per day.
- 15% who drink 6 to 9 glasses per day.
- 5% who drink 10 or more glasses per day.



Loss of water:

- By the time you feel thirsty, you may already be dehydrated.
- Lack of water can lead to dehydration. Even slight dehydration can zap your energy and make you feel lethargic. Dehydration poses a particular health risk for the very young and very old.
- You lose about 10 cups of fluid a day through sweating, exhaling, urinating and bowel movements.
- Some beverages, such as those with caffeine and alcohol are a diuretic and will dehydrate you.

Replenish lack of water:

- It is recommended to consume at least 8 to 10 cups of water a day.
- You get water from food as well: try cucumbers, lettuce, watermelon, berries, tomatoes, and so forth.

Why is water Important?:

- **Healthy Skin** - Drinking water moisturizes your skin from the inside out.
- **Lose Weight** - Increased water consumption can help you control weight by preventing you from confusing hunger with thirst.
- **Kidney Stones** - Plenty of fluids help prevent further stones and reduce your chances of getting bladder, kidney, and urinary tract infections.
- **Colon Cancer** - In a study, women who drank five glasses of water a day had a 45% less risk of colon cancer than those who drank two or few glasses.
- **Get Well** - Water can help control a fever, replace lost fluids, and thin out mucus.

Take Time to be Healthy

With so much stress in our daily lives, how is a body to manage?

1. **Exercise** - It stimulates the release of endorphins, natural feel-good hormones.
2. **Create a healthy meal** - Invite friends over to share in a delicious and nutritious dinner together.
3. **Relax** - Find a quiet place to sit, reflect, and unwind.



Safety "To Do" List for the Summer Months

- While gardening lift with your knees not your back to prevent strain.
- Keep a water bottle handy when working in the heat.
- Apply sunscreen with both UVA and UVB protection
- Wear eye protection/sunglasses.



Register Now before it's too late!

Summer Camp Ages 8-12

FUN-ergy is a winning camp for kids who want to have a great time experimenting with fitness and healthy living skills.

Summer Camp Ages 6-8

FUN-ercise to start young children on the road to healthy life styles. This camp promotes awareness about the do's and don'ts of good health.

For more information, log onto www.montgomerycountymd.gov or call 240-777-6870.

SENIORS - 55 AND FORWARD THINKING

Visit a Senior Center, a Neighborhood Senior Program, and/or take a SOAR Trip with us this Summer

Welcome to Senior Programs where you can find an exciting menu of programs, special events, trips, classes and opportunities for growth and life enhancement. Let doors open to a variety of experiences and friendships. Each program is unique.

Senior Centers

Damascus Senior Center * +
(M-F, 9:00am-4:00pm)
9701 Main Street, Damascus
301-253-1801

Gaithersburg Upcounty Senior Center * +
(M-F, 9:30am-4:00pm, Tu, 9:00am-8:00pm)
80A Bureau Drive, Gaithersburg
301-258-6380

Sponsored by the City of Gaithersburg with support from Montgomery County.

Holiday Park Senior Center * +
(M-F, 9:00am-4:00pm)
3950 Ferrara Drive, Wheaton
301-468-4448

Long Branch Senior Center * +
(M-F, 10:00am-2:00pm)
Long Branch Community Center
8700 Piney Branch Road, Silver Spring
301-431-5708

Margaret Schweinhaut Senior Center * +
(M-F, 9:00am-4:00pm, Sat, 10:00am-3:00pm)
1000 Forest Glen Road, Silver Spring
301-681-1255

Neighborhood Senior Programs

We invite you to visit one of the Senior Programs and pick up a newsletter. Each program offers a multitude of social, educational and recreational opportunities.

If no phone number is listed, call the Senior Programs office at 301-468-4540.

Clara Barton Seniors (W 10:00am-2:00pm)
Clara Barton Community Center,
7425 MacArthur Boulevard, Cabin John

Bauer Drive Seniors (M 10:00am-2:00pm)
Bauer Drive Community Center,
14625 Bauer Drive, Rockville

Ross Boddy Seniors * + (W, Th, 9:30am-2:00pm)
Ross Boddy Community Center,
18529 Brooke Road, Sandy Spring
301-570-1215

Clarksburg Seniors
(W 10:00am-2:00pm)
Clarksburg Recreation Center,
Route 355 at 22501 Wims Road,
Clarksburg

Coffield Seniors
(W, Th, 10:00am-2:00pm)
Coffield Community Center,
2450 Lyttonsville Road, Silver Spring
240-777-4900

Wednesday Program is a partnership of the Jewish Community Center and the Department of Recreation. Lunch available for Wednesday program only, call 301-230-3751 for reservations.

East County Seniors * +
(Tu, F, 10:00am-2:00pm)
East County Community Center,
3310 Gateshead Manor Way, Silver Spring
301-572-7004

Fairland Seniors* (Th 10:00am-2:00pm)
Fairland Community Recreation Center,
14906 Old Columbia Pike, Burtonsville
240-777-4970

Germantown Seniors * +
(M, Th, 10:00am-2:00pm)
Germantown Community Center,
18905 Kingsview Road, Germantown
301-601-1685

Evergreen Senior Program
(Tu, W, F, 9:00am-4:00pm)
Germantown Community Center
301-601-1685
A partnership of the Chinese Culture and Community Service Center, Inc. and the Department of Recreation.

Longwood Seniors (M 10:00am-2:00pm)
Longwood Community Center,
19300 Georgia Avenue, Brookeville

Owens Park Seniors +
(W, 10:00am-2:00pm)
Owens Park Recreation Center
19900 Beallsville Road, Beallsville
301-428-8127

Potomac Seniors + (Tu 10:00am-2:00pm)
Potomac Community Center,
11315 Falls Road, Potomac

Waverly House Seniors *
(W, Th 10:00am-2:00pm)
Waverly House Apartments
4521 East West Highway, Bethesda

* Nutrition lunch program available
+ Limited transportation available



Seniors enjoy a fitness class, one of our many active and enjoyable senior programs.



Seniors learn to use computers at a class.

Seniors Today!

Watch *Seniors Today*, a program for and about seniors produced by the Commission on Aging.

Tune in to Cable Montgomery Channel 6
Sundays 3:30pm,
Mondays 9:30am,
Tuesdays 1:30pm,
Wednesdays 8:30pm, Thursdays 12:30pm, Fridays 7:30pm, or Saturdays 11:30am.



Special Activities and Events

Holiday Park Senior Center

A Night Out At Holiday Park Tuesday May 24 at 5:30pm. Eat, sing and be merry! Dine on a meal designed for this spring evening, followed by a wonderful vocal interlude by the Capital Accord Sweet Adelines. Dinner music provided by the renowned piano of Ray Green. Dinner begins at 5:30pm, entertainment at 7:30pm. \$10.00 for dinner and show/\$8.00 with HPSI card.

Nutrition Seminar Tuesday May 31 at 1:15pm. Grandma was right—the truth about diet and disease prevention. Melanie Polk, Montgomery County's Senior Nutrition Program. Free.

Men's Health Lecture Monday June 20 at 1:15pm. Older men's top 10 health concerns Barry Rosenbaum, MD, Holy Cross Hospital.

Women and Heart Disease June 22, 12:30-3:00pm. Lecture and Lunch. Sponsored by the Shapiro Foundation at Suburban Hospital. Pre-registration a must; call 301-468-4448. Space Limited, Free.

Celebrate America Friday July 1 at 1:15pm. Music and melodies provided by Dale Jarrett, musician extraordinaire. Pay tribute to America as she commemorates her special day. \$1.00 at the door/Free with HPSI card.

Dance Club Friday Dates listed below. Join the Holiday Park crowd as they swing, rumba, cha-cha, tango, boogie and more...to the sounds of Montgomery County's favorite dance music.

May 27, John Brown Band with Dolly Bennof
June 24, John Brown Band with Dolly Bennof
July 8, Mike Surrat at the Keyboard
July 29, Mark Hanak at the Piano
August 12, Mike Surrat at the Keyboard
August 26, John Brown Band with Dolly Bennof

Damascus Senior Center

Kitchen Band Practice 2nd and 4th Wednesday at 11:00am. New members welcome

Tap Dance Class Monday 12noon. \$30 for 8 weeks. Register at front desk for new session

Tea Dance Every Thursday at 1:00pm. Fee \$1 members, \$2 non members

Damascus Days Friday July 8 and Saturday July 9. Includes parade. All ages. Call 301-253-1801 for more information



Long Branch Senior Center

Quinto Tournament Tuesday May 17, 10:30am. Quinto is a popular new card game that requires strategy as well as luck. Come learn how to play and you may never want to stop. Free.

The Social Security Debate Wednesday May 18, 11:00am. An AARP facilitator will highlight the pros and cons of the current proposal for changes in the social security system. Free.

Senior Forum Wednesday May 25, 11:00am. Voice your concerns or compliments about county services for older adults to Hal Wallach, Chair of the Montgomery County Commission on Aging. Free.

Fit After 60 Tuesday June 14, 11:00am. Learn what you can do to keep your body in shape. Adventist Health Care speaker. Free.

Home Modifications for Safety and Accessibility Wednesday June 22, 11:00am. Dr. Kate Tolenko addresses how to make changes in the home to make life a little easier.

Kids and Grands Wednesday July 6, 13, 20, 27, 10:30am. Julia Burger and John Sasser from Arts for the Aging conduct a delightful intergenerational program of song, dance and cultural sharing. Free.

Improving Health through Massage Therapy Tuesday August 9, 11:00am. Learn about the benefits of massage and how it can improve your health from a massage therapist. Free.

Pilates Demonstration Tuesday August 16, 11:00am. Sarah Mckechnie from Holy Cross Hospital leads a group session designed for first time participants. Free.

Margaret Schweinhaut Senior Center

Montgomery County Registrar of Wills

Wednesday May 18, 10:30am. A seminar on current legislation and practices in the state of Maryland.

Stash It or Trash It Thursday May 26, 10:00am. Susan Morris from Maryland Cooperative Extension helps you determine the items you need or don't need when downsizing.

Fashion Show and Tea Party Sunday June 5, 1:00pm. Fee.

Fast and Fatal Wednesday June 15, 11:00am. Lecture on senior driving skills.

4th of July Picnic and Show Friday July 1, 12noon-3:00pm. Traditional grilled hot dogs and hamburgers followed by a melodrama performed by seniors. Free.

Upcoming Events at Neighborhood Senior Programs

Bauer Drive Recreation Center

Light Classical Performance Monday June 6, 12:30pm. Donna Baldwin from the Himmelfarb Mobile University will perform. Light refreshments after the performance. Free.

The Second Story Monday June 13, 12:30pm. This versatile group will perform a variety of musical styles. Free.

Start Soaring-It's the thing to do

Awaken the spirit of adventure! Specially designed day trips for the active senior age 55+. Call 301-468-4540 for trip and registration information. You must use the registration procedures in the SOAR brochure. All travel is by motorcoach unless otherwise noted.

123889 Visit the Fort McHenry National Park and Historic Evergreen House Museum & Gardens in Baltimore
Thurs. June 30
 The tour begins with a film, a narration by a National Park Ranger, and a tour of the Fort. We will also visit historic Evergreen House, an 1850's 48 room Italianate mansion. We'll have lunch, on own, at Baltimore Inner Harbor.
Fee: \$35 Leave 8:00am, Return 4:00pm

123890 Boat Tour of Chesapeake Bay Lighthouses
Thurs. July 7
 Embark from Tilghman Island. Hear a narration of the storied history of the bay and its lighthouses. Coast Guard certified. Lunch (on own) and sightsee in St. Michaels when not boating.
Fee: \$62 Leave 7:30 am, Return 5:30 pm

123891 Tour Poplar Island in Chesapeake Bay—the National Model for Restoration of Disappearing Habitat
Thurs. July 14
 Ride to Poplar Island from Tilghman Island. Then take a guided bus tour of the Island, which has served as a vacation retreat for U.S. Presidents, before it began to erode. The Army Corps of Engineers has been rebuilding this island. Lunch, on own, and sightsee in St. Michaels. Air-conditioned van.
Fee: \$22 Leave 7:30 am, Return 5:30 pm

Thomas Point Light, one of the original screw-pile designs will be seen on the Boat Tour.



123892 "Crab-O-Rama" on the Eastern Shore
Thurs. July 21 A Day at A.E. Phillips including Boat Ride
 Board the Cambridge Lady for a one hour narrated cruise. Then, take a guided tour of the historic High Street area of Cambridge. and the Phillips Crab Processing Plant. Lunch (included) at Historic Old Salty's Restaurant.
Fee: \$60 Leave 7:45 am, Return 5:45 pm

123893 Boat Trip to Smith Island on the Chesapeake Bay
Thurs. July 28
 Enjoy a leisurely drive to Crisfield, Maryland. Then board the 65-ft long cruise ship, the Captain Tyler, for a relaxing one-hour and thirty- minute trip to historic Smith Island. Upon landing, Option A*: enjoy a family style seafood lunch at the Bayside Inn, or Option B*: bring your own lunch.
 *Indicate Option on registration form.
Fee: Option A-\$70, Option B-\$53 Leave 9:00 am, Return at 8:00 pm

123895 Skipjack Boat Tour on Chesapeake Bay & St. Michaels
Thurs. Aug. 4
 Experience an oyster dredging demonstration, and listen to the captain discuss the Bay's ecology and the culture of the waterman aboard a Coast Guard certified wooden sailing ship. Lunch (on own) and sightsee.
Fee: \$52 Leave 7:30 am, Return 5:30 pm

123896 A Narrated James A. Michener "Chesapeake" Cruise from Cambridge, MD to Oxford, MD.
Thurs. Aug. 11
 Enjoy a round-trip narrated cruise on the Choptank River from Cambridge MD to Oxford, MD. A crab cake lunch at the historic Robert Morris Inn is included. After lunch, we'll take a one-hour guided walking tour of Oxford.
Fee: \$69 Leave 8:00 am, Return 6:00 pm

123897 Canoe Trip Through the Jug Bay Wildlife Sanctuary
Thurs. Aug. 18
 Guided by a Park Naturalist, take a 2-3 hour canoe tour through this 500 acre wildlife sanctuary bordering the Patuxent River. Bring a bag lunch.
 *Indicate on registration form if you are an experienced canoeist or not. Transportation by air-conditioned van.
Fee: \$19 Leave 8:15 am, Return 3:30 pm



AQUATICS PROGRAMS

The Department of Recreation operates three indoor swimming pools and seven outdoor pools to serve Montgomery County residents. These pools are accessible to individuals with disabilities. You may obtain information regarding schedules and hours of operation of each pool by using our web site or calling the facilities listed below. Swim lessons, swim teams and all other programs are available at each pool, and may be registered online through our web site, or see registration information on page 60.

Outdoor Pools

Outdoor Pool phones will not be answered until May 28.

Bethesda Pool 301-652-1598
Little Falls Pkwy & Hillandale Road (near Arlington Road), Bethesda

Facilities include a 6-lane, 50-meter long course Z-shaped main pool with a separate diving well (1-meter and ½-meter diving boards and a small water slide), a new 6-lane 25-meter lap pool, a teach pool, a new tot pool, bathhouse, snack bar and lawn areas with shade structures.

Germantown Pool 301-601-1690
18905 Kingsview Drive (at Clopper Road), Germantown

Facilities include an 8-lane, 25-meter main pool with two diving boards, a freeform shallow water leisure pool and two large water flumes and kiddie slide, tot pool, snack bar, bathhouse and lawn areas.

Long Branch Pool 301-431-5700
8700 Piney Branch Road (1 block south of University Blvd.), Silver Spring
Includes a 6-lane, L-shaped, 25-meter main pool, junior pool, tot pool, snack bar, bathhouse and lawn areas.

Martin Luther King Jr. Outdoor Pool 301-622-1090
1201 Jackson Road, Silver Spring

Facility features a 6-lane, 50-meter L-shaped main pool, with an 8-lane, 25-meter course into the diving area, which offers a 1-meter board. The separate leisure pool consists of a shallow water lagoon with slides and water play features, surrounded by a circular "Lazy River" for riding inner tubes with the current. Also provided are a bathhouse with showers, first aid areas, a separate tot pool and lawn areas with shade structures.

Wheaton/Glenmont Pool 301-929-5460
12621 Dalewood Drive (off Randolph Road between Connecticut and Georgia Avenues near Wheaton High School), Wheaton

Facilities include a 6-lane 50-meter main pool and an 8-lane 25-meter swim course, with 1-meter and ½-meter diving boards. A separate shallow water leisure pool has fountains, sprays and kiddie slides. An activity pool has two flume slides and crosswalks. A tot pool, snack bar, bathhouse and lawn areas are also provided.

Upper County Outdoor Pool 301-840-2446
8211 Emory Grove Road (at Route 124), Gaithersburg

Facilities include 8-lane 25-meter main pool with two 1-meter diving boards, a separate shallow water leisure pool with a water slide, tot pool, snack bar, bathhouse and lawn areas.

Western County Outdoor Pool 301-349-2217
20151 Fisher Avenue, Poolesville

Facilities include an 8-lane, 25-meter main pool with 1-meter and ½-meter diving boards, a separate 2-level shallow water leisure pool with small slides and water umbrella, tot pool, snack bar, bathhouse and lawn areas.



Schedule of Outdoor Pool Operations

Pre-season Schedule: (May 28-June 12) The pools open for recreational swim from 12:00noon to 6:00pm on weekends (and Memorial Day.) Weekdays, the pools are **closed** from May 31-June 10.

Summer Season: (June 13-August 21, note: MCPS starts on August 29) Weekday mornings are programmed with swim lessons, team practices, day care and camp swim. Public recreational swim begins at 1:00pm on weekdays (12:00pm at Western only) and generally ends at 8:00pm. On weekends, the pools open at 12:00noon and close at 8:00pm. From June 20 into August, Bethesda Pool will have an Early Bird Swim on weekdays, for a reduced fee. Check schedule at the pool. Long Branch Pool and Upper County Pool will be closed on Fridays.

Post Season: (August 22-Labor Day) MCPS starts school on August 29. Some pools will close as of August 28, while others operate on limited days and hours. Schedules will be posted at each pool. Note: Outdoor pools will be closed at times when the air temperature drops below 70 degrees or when there is a rain storm in progress.

Pool Rentals-Parties

MAC, OSC, and MLK have times available for rental by groups. Party Rooms are available for rent. Contact the pool managers for available times and fees.

Now Hiring Part Time Staff!

Part-time temporary work is available at the outdoor and indoor pools for Lifeguards, Instructors, Cashiers and Swim Coaches. Training and certification is available. For more information, contact a facility supervisor at the indoor pool nearest you, or call the Aquatics Office at 240-777-6860.

Outdoor Pools Recreational Swim Fees

County Minors & Senior Citizens: \$4.00
County Adults: 18-60 yrs old: \$5.50
Twilight Fees (after 5:30pm): All fees reduced
Non-County Resident Fees are higher

Punch 12 Cards are discount admission cards, available to County and non-County residents. The patron pays for 10 admissions at regular price and receives 12 admissions (10 paid and 2 free). Check with pool for additional information.

Summer Pool Passes: In lieu of paying an admission fee at each visit, a Family Swim Pass is available for Montgomery County families for \$240, which includes husband and wife, (or one parent and one adult guardian), and up to four single legal dependent children under 21 years of age residing at the same address. Add \$15.00 for each additional child. Additional adults are not included in the definition of family, but are eligible for individual passes, or they may pay the daily admission fees. An Individual Swim Pass costs \$160. Program and pass information, as well as admission costs will be available at the county libraries, community centers, and indoor pools after May 1.

Pass application forms will be mailed from the Recreation Department upon request. Outdoor Pool Passes are valid at all MCRD Outdoor Pools, but are not valid at MCRD Indoor Pools.

Indoor Pools

MCRD indoor pools will continue to offer regular programs through most of the summer weeks. However, each facility will close for two weeks in August for draining, cleaning and yearly maintenance. Indoor passes are good at the outdoor pools.

Martin Luther King, Jr. Swim Ctr **301-989-1206**

1201 Jackson Road, Silver Spring
(off New Hampshire Ave, south of Randolph Rd)

Includes an 8-lane, 25 yard pool with movable bulkhead, allowing for separate diving area with 1- and 3-meter boards and 5-meter platform, a separate warm water teach pool with shallow water for easy access, 2 hydrotherapy pools, weight and exercise room, all purpose room, locker and shower facilities.

Montgomery Aquatic Center **301-468-4211**

5900 Executive Boulevard, N. Bethesda
(between Nicholson Ln and Old Georgetown Rd)

Includes an 8-lane, L-shaped main pool, divided into two 25-meter swim areas, a warm water leisure pool, two separate hydrotherapy pools, a 10-meter diving platform and interior water slide, an exercise room, snack bar, locker and shower facilities, saunas, lighted outdoor jogging trail and enclosed racquetball courts.

Olney Indoor Swim Center **301-570-1210**

16601 Georgia Avenue, Olney
(in the Olney Manor Park)

Includes an 8-lane, 25-yard pool and separate diving area with 1- and 3-meter boards, a shallow warm water free form leisure pool, two hydrotherapy pools, saunas, weight and exercise room, all purpose room and locker and shower facilities.

Water Fitness Classes

Water Exercise, Deep Water Running, Water Aerobics, Arthritis Exercise, Abs & Glutes, and Body Sculpting classes are offered at each indoor pool and some outdoor pools. For course descriptions, dates, days and times see below or pick up a schedule at any of our pools or call the Aquatics Office of the Recreation Department. The schedule also appears online.

- No swimming experience is necessary.
- Both men and women of all ages are welcome.
- Physician release form is required if you are pregnant.
- Physician consultation is recommended prior to participation in any exercise program.

Instructors:

Wellness Network: Linda Costello 301-924-3488
wellnet1@aol.com

Waterworks: Sally Dimsdale 301-593-1609
sallyswaterworks@msn.com

H2O Fitness: Peggy Brower 301-603-1328
browers4@aol.com

Abs & Glutes

Shallow water class with focus on Abs & Glutes. Water gloves recommended and can be purchased at class.

9 Sessions \$46.00

Instructor: Peggy Brower

125984	ML King SwC	6/6	M	9:30am-10:20am
125985	ML King SwC	6/8	W	9:30am-10:20am

Deep Water Running & Exercise

Ideal cardiovascular exercise with no weight bearing stress. Beneficial for cross training and/or rehabilitating persons requiring the cushioning of deep water. Classes given in diving well using ski belt for flotation.

9 Sessions \$46.00

Instructor: Peggy Brower

125998	ML King SwC	6/6	M	1:00pm-1:50pm
126002	ML King SwC	6/7	Tu	7:30am-8:20am
126000	ML King SwC	6/8	W	1:00pm-1:50pm
126003	ML King SwC	6/9	Th	7:30am-8:20am
126005	ML King SwC	6/11	Sa	9:00am-9:50am
126006	Upper County Pool	6/21	Tu	7:00pm-7:50pm
126007	Upper County Pool	6/23	Th	7:00pm-7:50pm

Instructor: Sally Dimsdale

126020	Montgomery AqC	6/6	M	8:30am-9:20am
126021	Montgomery AqC	6/6	M	1:30pm-2:20pm
126022	Montgomery AqC	6/7	Tu	10:00am-10:50am
126028	Montgomery AqC	6/7	Tu	7:30pm-8:20pm
126023	Montgomery AqC	6/8	W	8:30am-9:20am
126024	Montgomery AqC	6/8	W	1:30pm-2:20pm



Deep water running gives a great workout that's easy on your joints.

126025	Montgomery AqC	6/9	Th	10:00am-10:50am
126029	Montgomery AqC	6/9	Th	7:30pm-8:20pm
126026	Montgomery AqC	6/10	F	8:30am-9:20am
126027	Montgomery AqC	6/10	F	1:30pm-2:20pm
126004	Bethesda Pool	6/19	Su	8:00am-8:50am
Instructor: Network, Inc Wellness				
126015	Olney SwC	6/6	M	7:00pm-7:50pm
126017	Olney SwC	6/6	M	6:30am-7:20am
125999	ML King SwC	6/7	Tu	7:30pm-8:20pm
126008	Olney SwC	6/7	Tu	8:00pm-8:50pm
126009	Olney SwC	6/7	Tu	8:30am-9:20am
126013	Olney SwC	6/7	Tu	10:30am-11:20am
126016	Olney SwC	6/8	W	7:00pm-7:50pm
126018	Olney SwC	6/8	W	6:30am-7:20am
126001	ML King SwC	6/9	Th	7:30pm-8:20pm
126010	Olney SwC	6/9	Th	8:00pm-8:50pm
126011	Olney SwC	6/9	Th	8:30am-9:20am
126014	Olney SwC	6/9	Th	10:30am-11:20am
126012	Olney SwC	6/10	F	6:00pm-6:50pm
126019	Olney SwC	6/11	Sa	9:00am-9:50am

Water Aerobics

Fast-paced aerobics class done in shallow water. High intensity workout uses water to cushion feet, knees and back. Emphasis on cardiovascular conditioning.

9 Sessions \$46.00

Instructor: Peggy Brower

126035	ML King SwC	6/7	Tu	8:30am-9:20am
126036	ML King SwC	6/9	Th	8:30am-9:20am

Instructor: Sally Dimsdale

126041	Montgomery AqC	6/6	M	9:30am-10:20am
126037	Montgomery AqC	6/7	Tu	8:30am-9:20am
126039	Montgomery AqC	6/8	W	9:30am-10:20am
126038	Montgomery AqC	6/9	Th	8:30am-9:20am
126040	Montgomery AqC	6/10	F	9:30am-10:20am

Instructor: Network, Inc Wellness

126042	Olney SwC	6/7	Tu	7:00pm-7:50pm
126044	Olney SwC	6/7	Tu	9:30am-10:20am
126043	Olney SwC	6/9	Th	7:00pm-7:50pm
126045	Olney SwC	6/9	Th	9:30am-10:20am
126046	Germantown Out	6/18	Sa	10:00am-10:50am

Water Exercise for Arthritis

Specially modified class for those who have arthritis and who cannot participate in regular exercise classes.

9 Sessions \$46.00

Instructor: Sally Dimsdale

126049	Montgomery AqC	6/6	M	11:00am-11:50am
126050	Montgomery AqC	6/8	W	11:00am-11:50am
126051	Montgomery AqC	6/10	F	11:00am-11:50am

Instructor: Network, Inc Wellness

126052	Olney SwC	6/6	M	10:00am-10:50am
126047	ML King SwC	6/7	Tu	10:30am-11:20am
126053	Olney SwC	6/8	W	10:00am-10:50am
126048	ML King SwC	6/9	Th	10:30am-11:20am
126054	Olney SwC	6/10	F	10:00am-10:50am

Water Exercise

Multi-level aerobics class using water resistance to increase range of motion, strengthen muscles and improve cardiovascular fitness. It is not necessary to get your face wet.

9 Sessions \$46.00

Instructor: Peggy Brower

126055	ML King SwC	6/6	M	8:30am-9:20am
126057	ML King SwC	6/8	W	8:30am-9:20am
126059	ML King SwC	6/10	F	8:30am-9:20am

Instructor: Sally Dimsdale

126061	Montgomery AqC	6/7	Tu	11:30am-12:20pm
126066	Montgomery AqC	6/7	Tu	8:30pm-9:20pm
126063	Montgomery AqC	6/9	Th	11:30am-12:20pm
126064	Bethesda Pool	6/20	M	8:00pm-8:50pm
126065	Bethesda Pool	6/22	W	8:00pm-8:50pm

Instructor: Network, Inc Wellness

126060	Montgomery AqC	6/6	M	8:30pm-9:20pm
126069	Olney SwC	6/6	M	8:00pm-8:50pm
126071	Olney SwC	6/6	M	9:00am-9:50am
126056	ML King SwC	6/7	Tu	8:30pm-9:20pm
126062	Montgomery AqC	6/8	W	8:30pm-9:20pm
126067	Olney SwC	6/8	W	9:00am-9:50am
126070	Olney SwC	6/8	W	8:00pm-8:50pm
126058	ML King SwC	6/9	Th	8:30pm-9:20pm
126068	Olney SwC	6/10	F	9:00am-9:50am

Land-Based Programs

Beginner Ball & Pilates

This is a land-based Beginner Mat Pilates for 1/2 hour and second 1/2 hour beginner ball class with weights. Focus will be on core strengthening, firming abs and glutes, and stretching. Ball and Mat are needed.

9 Sessions \$67.00

Instructor: Peggy Brower

126073	ML King SwC	6/7	Tu	10:00am-11:00am
126074	ML King SwC	6/9	Th	10:00am-11:00am



Body Sculpting

A land-based class designed for cross training with water fitness classes. Focus is on Abs, Glutes, legs and upper body

9 Sessions \$46.00

Instructor: Sally Dimsdale

125987	Montgomery AqC	6/7	Tu	6:30pm-7:20pm
125988	Montgomery AqC	6/9	Th	6:30pm-7:20pm
125986	Montgomery AqC	6/10	F	7:30am-8:20am

Instructor: Network, Inc Wellness

125991	Olney SwC	6/6	M	9:30am-10:20am
125990	Olney SwC	6/7	Tu	7:00pm-7:50pm
125989	Olney SwC	6/9	Th	7:00pm-7:50pm

Pilates (Stretch & Strengthen)

This new class combines strengthening poses, breathing techniques and body alignment to strengthen and lengthen muscles. It is a perfect way to increase mind-body awareness, decrease stress, and relax the spirit. Please bring mat or purchase at class for \$25.00.

9 Sessions \$67.00

Instructor: Network, Inc Wellness

126072	Olney SwC	6/11	Sa	8:30am-9:30am
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**Access Cards
are FREE;
Stop by
and get one
today!**

Competitive Programs

Montgomery Dive Club

(MDC) is an advanced age-group competitive diving program offered at MLK, MAC, and OSC. Divers prepare to compete in local and national level meets. An introductory level tower diving program is available at MLK while a full tower training program will be offered at MAC. Diving lessons and Masters Diving is also offered at MAC. Program flyers are available at each pool, or call MDC at 1-866-DIVE MDC or visit www.montgomerydiveclub.org.

Rockville Montgomery Swim Club

This year-round, United States Swimming (USAS) affiliated, age group and senior swim team competes through Potomac Valley Swimming (PVS), which is our local swim committee (LSC) for USAS. RMSC offers a rewarding training and competitive experience to swimmers of all ability and interest levels through a schedule of flexible practice times.

RMSC

Swimmers new to the program need to attend a skill assessment and group placement at the pool of their choice the first week of practice. Coaches will assign practice groups depending on skill level. Newcomers may not begin to practice with their designated group until all registration forms have been completed and all fees have been paid. Entry into advanced level groups is available by coaches' invitation only. Those who participated in the program last year may register only for the group with which they practiced last year. No swimmer may change group assignment unless instructed to do so by a coach. Additional program fees to be paid at practice site. Rates will be pro-rated as to start date. Call the pool for more information.

Montgomery Aquatic Center

125868	Minis	Sp	\$120
125869	Juniors	Sp	\$120
125870	Advanced Juniors	Sp	\$150
125871	Seniors	Sp	\$150
125872	Advanced Seniors	Sp	\$170
125873	Advanced Juniors	Sp/Su	\$375
125875	Advanced Seniors	Sp/Su	\$440
125874	NDG	Sp/Su	\$440
125876	NTG	Sp/Su	\$440

Martin Luther King Swim Center

125877	Minis	Sp	\$120
125878	Juniors	Sp	\$120
125879	Advanced Juniors	Sp	\$150
125880	Seniors	Sp	\$150
125881	Advanced Seniors	Sp	\$170
125882	Advanced Juniors	Sp/Su	\$375
125884	Advanced Seniors	Sp/Su	\$440
125883	NDG	Sp/Su	\$440
125885	NTG	Sp/Su	\$440

Olney Aquatic Center

125886	Minis	Sp	\$120
125887	Juniors	Sp	\$120
125888	Juniors 2	Sp	\$150
125889	Advanced Juniors	Sp	\$150
125890	Seniors	Sp	\$150
125891	Advanced Seniors	Sp/Su	\$170
125892	Advanced Juniors	Sp/Su	\$375
125893	NDG	Sp/Su	\$440
125894	Advanced Seniors	Sp/Su	\$440
125895	NTG	Sp/Su	\$440

Masters Swim Training

This training is designed specifically for competitive swimming adults who seek a structured workout with a professional coach. Local or national competition is available for those who wish to compete. Triathletes are welcome. Training is offered at MLK, MAC, and OSC. For information contact Tom Denes at 301-564-4234 or waterprfch@aol.com.

Mariners

Swimmers need to be proficient in most strokes and advanced enough to circle swim a workout, with an eye toward entering U.S. Masters Swim competition.

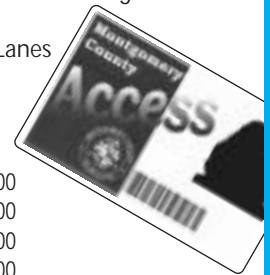
Montgomery Aquatic Center

Tue/Thu	8:30-10:00pm
Fri	8:30-9:30pm
Sun	8:00-10:00am

Instructor: Premier Swim

127913	Montgomery AqC	4/24	1 day	\$75.00
127914	Montgomery AqC	4/24	2 days	\$115.00
127915	Montgomery AqC	4/24	3 days	\$155.00
127916	Montgomery AqC	4/24	4 days	\$195.00
127917	Montgomery AqC	4/24	5 days	\$235.00

Eight Lanes



Martin Luther King, Jr Pool

Mon/Wed	8:30-10:00pm
(Weekend practices at MAC & OSC)	

Instructor: Premier Swim

127918	ML King SwC	4/24	1 day	\$75.00
127919	ML King SwC	4/24	2 days	\$115.00
127920	ML King SwC	4/24	3 days	\$155.00
127921	ML King SwC	4/24	4 days	\$195.00
127922	ML King SwC	4/24	5 days	\$235.00
127928	ML King SwC	8/14	3 days	\$25.00

Six Lanes

Olney Swim Center

Tue/Thu	8:30-10:00pm
Sat	7:30-9:00am

Instructor: Premier Swim

127928	Olney SwC	4/24	1 day	\$75.00
127924	Olney SwC	4/24	2 days	\$115.00
127925	Olney SwC	4/24	3 days	\$155.00
127926	Olney SwC	4/24	4 days	\$195.00
127927	Olney SwC	4/24	5 days	\$235.00

Four Lanes

Pool Operator's Course

Course will prepare student to take the Montgomery County Pool Operators test. Students must be at least 17 years of age.

5 Sessions \$65.00

(second class will be held at Montgomery AqC)

115813 Holiday Park SrC 6/1 W,F,M 7:00pm-9:30pm

Lifeguard Training

Summer Lifeguard Training will be offered if there is sufficient interest. Check with the Pool Manager.

Summer League Swim Teams (June & July)

Germantown, Long Branch, Western County, Glenmont, Bethesda and Upper County summer swim teams are members of the Montgomery County Swim League. Swimmers compete in dual meets on Saturday mornings and some Wednesday evenings. Youth ages 6-18 are encouraged to inquire at the pools for team registrations. Previous team experience is not necessary. Practices will be held in the evenings while school is in session and on weekday mornings beginning June 20. An organizational meeting for all current and prospective swimmers and parents will be held at 7:00pm on Tuesday, May31 at each pool.

Swim Lessons

No registrations will be processed prior to this date. On-line registration is recommended. For registration information, please see page 60; registration form on page 61

Outdoor Pool Swim Lesson Registration processing will begin Monday, June 6, 2005 at 8:00am (non-county residents: June 7). Outdoor Pools will be open for registration June 6 from 8:00am-7:00pm and June 7 from 3:00-7:00pm. Registration at the pools will then continue during operating hours. Other methods of registration will be continuous. Phones will only be answered during operating hours. See the outdoor pool schedules on page 8.

Indoor Pool Swim Lesson Registration processing will begin Wednesday, May 18, 2005, at 6:30am. (non-county residents: May 19)

Swimming Instruction

Swim lessons for all ages and swimming abilities are offered at indoor and outdoor pools beginning the week of June 20. Summer swim lesson fees range from \$43 to \$53 depending on the level and the number of participants. Non-County residents are charged an additional \$10 fee.

Children's Swim Lessons for all levels and ages may be offered in two, three, four, six or eight week sessions beginning June 20. Some week-end lessons are available.

Adult Group Lessons for all levels may be offered on weekday evenings, meeting once or twice a week for 4, 6, or 8 weeks, or on weekends.

Martin Luther King Swim Center

Phone: 301-989-1206

Swim lessons for all ages and abilities. Screening is held on Tuesdays & Thursdays from 7:00-7:30pm at the MLK Swim Center (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for six 30 minute sessions.

Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$43.00
126626	M.L. King SwC	6/19	Su	11:00am-11:30am
126627	M.L. King SwC	6/20	M,W,F	10:20am-10:50am
126628	M.L. King SwC	6/21	Tu	5:40pm-6:10pm
126629	M.L. King SwC	6/23	Th	5:00pm-5:30pm
126625	M.L. King SwC	6/25	Sa	9:40am-10:10am

Aquatots

Designed for children 18 months to 3 years. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$43.00
126631	M.L. King SwC	6/19	Su	9:00am-9:30am
126635	M.L. King SwC	6/19	Su	10:20am-10:50am
126636	M.L. King SwC	6/20	M,W,F	9:00am-9:30am
126637	M.L. King SwC	6/23	Th	5:40pm-6:10pm
126630	M.L. King SwC	6/25	Sa	9:00am-9:30am
126638	M.L. King SwC	7/4	M,W,F	9:40am-10:10am

Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swim suit must accompany EACH student in the water.

6 Sessions				\$43.00
126677	M.L. King SwC	6/19	Su	9:40am-10:10am
126678	M.L. King SwC	6/21	Tu, Th	9:30am-10:00am
126679	M.L. King SwC	6/21	Tu	5:00pm-5:30pm
126680	M.L. King SwC	6/23	Th	6:20pm-6:50pm
126675	M.L. King SwC	6/25	Sa	10:20am-10:50am
126676	M.L. King SwC	6/25	Sa	11:00am-11:30am
126681	M.L. King SwC	7/18	M,W,F	10:20am-10:50am
126682	M.L. King SwC	8/1	M,W,F	9:00am-9:30am



Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills.

6 Sessions				\$52.00
126685	M.L. King SwC	6/19	Su	9:00am-9:30am
126686	M.L. King SwC	6/19	Su	10:20am-10:50am
126687	M.L. King SwC	6/20	M,W,F	9:40am-10:10am
126688	M.L. King SwC	6/21	Tu	5:00pm-5:30pm
126689	M.L. King SwC	6/22	W	5:00pm-5:30pm
126690	M.L. King SwC	6/23	Th	5:40pm-6:10pm
126683	M.L. King SwC	6/25	Sa	9:00am-9:30am
126684	M.L. King SwC	6/25	Sa	11:00am-11:30am
126691	M.L. King SwC	7/4	M,W,F	10:20am-10:50am
126692	M.L. King SwC	8/2	Tu, Th	9:30am-10:00am

Online Registration

Online registration is recommended. Please create your family account by May 11 for Indoor Pool registration and June 1 for Outdoor Pool registration. This will ensure that you have your account information and PIN for the registration date.



Pre-Beginner-Level 2

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions				\$50.00
126906	M.L. King SwC	6/19	Su	9:40am-10:10am
126907	M.L. King SwC	6/20	M,W,F	9:40am-10:10am
126908	M.L. King SwC	6/21	Tu, Th	10:10am-10:40am
126909	M.L. King SwC	6/21	Tu	5:40pm-6:10pm
126910	M.L. King SwC	6/21	Tu	6:20pm-6:50pm
126911	M.L. King SwC	6/22	W	5:00pm-5:30pm
126912	M.L. King SwC	6/23	Th	5:00pm-5:30pm
126913	M.L. King SwC	6/23	Th	6:20pm-6:50pm
126904	M.L. King SwC	6/25	Sa	9:40am-10:10am
126905	M.L. King SwC	6/25	Sa	11:00am-11:30am
126914	M.L. King SwC	7/4	M,W,F	9:00am-9:30am
126915	M.L. King SwC	7/4	M,W,F	10:20am-10:50am
126916	M.L. King SwC	7/18	M,W,F	9:00am-9:30am
127143	M.L. King SwC	7/18	M,W,F	9:40am-10:10am
127144	M.L. King SwC	8/1	M,W,F	9:00am-9:30am
127145	M.L. King SwC	8/1	M,W,F	9:40am-10:10am
127146	M.L. King SwC	8/2	Tu, Th	10:10am-10:40am

Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions				\$50.00
127148	M.L. King SwC	6/19	Su	9:40am-10:10am
127149	M.L. King SwC	6/19	Su	10:20am-10:50am
127150	M.L. King SwC	6/20	M,W,F	9:00am-9:30am
127151	M.L. King SwC	6/21	Tu, Th	9:30am-10:00am
127152	M.L. King SwC	6/21	Tu	7:00pm-7:30pm
127153	M.L. King SwC	6/22	W	5:40pm-6:10pm
127147	M.L. King SwC	6/25	Sa	10:20am-10:50am
127154	M.L. King SwC	7/4	M,W,F	9:40am-10:10am
127155	M.L. King SwC	7/12	Tu, Th	10:10am-10:40am
127156	M.L. King SwC	7/18	M,W,F	9:00am-9:30am
127157	M.L. King SwC	8/1	M,W,F	10:20am-10:50am



Tip for a Healthier Life:

Exercise at least 30 minutes every day.

Pre-Beginner-Level 4

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions				\$50.00
127160	M.L. King SwC	6/19	Su	11:00am-11:30am
127161	M.L. King SwC	6/23	Th	7:00pm-7:30pm
127158	M.L. King SwC	6/25	Sa	9:40am-10:10am
127159	M.L. King SwC	6/25	Sa	10:20am-10:50am
127162	M.L. King SwC	7/12	Tu, Th	9:30am-10:00am
127163	M.L. King SwC	7/18	M,W,F	10:20am-10:50am
127164	M.L. King SwC	8/1	M,W,F	9:40am-10:10am
127165	M.L. King SwC	8/2	Tu, Th	9:30am-10:00am

Youth-Level 1

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who need to learn basic water adjustment skills.

6 Sessions				\$45.00
127169	M.L. King SwC	6/19	Su	9:00am-9:30am
127170	M.L. King SwC	6/19	Su	10:20am-10:50am
127171	M.L. King SwC	6/20	M,W,F	10:20am-10:50am
127172	M.L. King SwC	6/21	Tu	6:20pm-6:50pm
127173	M.L. King SwC	6/22	W	6:20pm-6:50pm
127166	M.L. King SwC	6/25	Sa	9:00am-9:30am
127167	M.L. King SwC	6/25	Sa	9:40am-10:10am
127168	M.L. King SwC	6/25	Sa	10:20am-10:50am
127174	M.L. King SwC	7/12	Tu, Th	9:30am-10:00am
127175	M.L. King SwC	8/2	Tu, Th	9:30am-10:00am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions				\$45.00
127450	M.L. King SwC	6/19	Su	9:00am-9:30am
127451	M.L. King SwC	6/19	Su	11:00am-11:30am
127452	M.L. King SwC	6/20	M,W,F	9:40am-10:10am
127453	M.L. King SwC	6/21	Tu, Th	10:10am-10:40am
127454	M.L. King SwC	6/21	Tu	7:00pm-7:30pm
127455	M.L. King SwC	6/22	W	6:20pm-6:50pm
127456	M.L. King SwC	6/23	Th	7:00pm-7:30pm
127216	M.L. King SwC	6/25	Sa	9:00am-9:30am
127449	M.L. King SwC	6/25	Sa	10:20am-10:50am
127457	M.L. King SwC	7/4	M,W,F	10:20am-10:50am
127458	M.L. King SwC	7/18	M,W,F	9:40am-10:10am

Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions				\$43.00
127460	M.L. King SwC	6/19	Su	9:40am-10:10am
127461	M.L. King SwC	6/20	M,W,F	9:00am-9:30am
127462	M.L. King SwC	6/21	Tu, Th	10:10am-10:40am
127463	M.L. King SwC	6/21	Tu	7:40pm-8:10pm
127464	M.L. King SwC	6/22	W	5:40pm-6:10pm
127459	M.L. King SwC	6/25	Sa	9:40am-10:10am
127465	M.L. King SwC	7/4	M,W,F	9:40am-10:10am
127466	M.L. King SwC	7/12	Tu, Th	10:10am-10:40am
127467	M.L. King SwC	7/18	M,W,F	10:20am-10:50am
127468	M.L. King SwC	8/1	M,W,F	10:20am-10:50am
127469	M.L. King SwC	8/2	Tu, Th	10:10am-10:40am

Whether your child is a beginning swimmer or more advanced, we offer youth swim lessons for every level.





Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions				\$43.00
127472	M.L. King SwC	6/19	Su	9:40am-10:10am
127473	M.L. King SwC	6/20	M,W,F	10:20am-10:50am
127474	M.L. King SwC	6/21	Tu, Th	9:30am-10:00am
127475	M.L. King SwC	6/21	Tu	7:40pm-8:10pm
127470	M.L. King SwC	6/25	Sa	9:00am-9:30am
127471	M.L. King SwC	6/25	Sa	11:00am-11:30am
127476	M.L. King SwC	7/4	M,W,F	9:00am-9:30am
127477	M.L. King SwC	7/12	Tu, Th	10:10am-10:40am
127478	M.L. King SwC	7/18	M,W,F	9:00am-9:30am
127479	M.L. King SwC	8/1	M,W,F	9:00am-9:30am

Youth-Level 5

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

6 Sessions				\$43.00
127481	M.L. King SwC	6/19	Su	10:20am-10:50am
127482	M.L. King SwC	6/23	Th	7:40pm-8:10pm
127480	M.L. King SwC	6/25	Sa	11:00am-11:30am
127483	M.L. King SwC	7/4	M,W,F	9:00am-9:30am
127484	M.L. King SwC	7/18	M,W,F	9:40am-10:10am
127485	M.L. King SwC	8/1	M,W,F	9:40am-10:10am
127486	M.L. King SwC	8/2	Tu, Th	10:10am-10:40am

Youth-Level 6

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

6 Sessions				\$43.00
127487	M.L. King SwC	6/19	Su	9:00am-9:30am
127488	M.L. King SwC	6/19	Su	11:00am-11:30am
127489	M.L. King SwC	6/23	Th	7:40pm-8:10pm
127490	M.L. King SwC	8/1	M,W,F	10:20am-10:50am

Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

6 Sessions				\$52.00
127493	M.L. King SwC	6/19	Su	9:40am-10:10am
127494	M.L. King SwC	6/19	Su	11:00am-11:30am
127495	M.L. King SwC	6/21	Tu	8:20pm-8:50pm
127491	M.L. King SwC	6/25	Sa	9:00am-9:30am
127492	M.L. King SwC	6/25	Sa	11:00am-11:30am

Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions				\$50.00
127497	M.L. King SwC	6/19	Su	9:00am-9:30am
127498	M.L. King SwC	6/19	Su	11:00am-11:30am
127499	M.L. King SwC	6/23	Th	8:20pm-8:50pm
127496	M.L. King SwC	6/25	Sa	9:40am-10:10am

Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions				\$50.00
127501	M.L. King SwC	6/19	Su	10:20am-10:50am
127502	M.L. King SwC	6/21	Tu	8:20pm-8:50pm
127500	M.L. King SwC	6/25	Sa	10:20am-10:50am

Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions				\$50.00
127503	M.L. King SwC	6/23	Th	8:20pm-8:50pm

Montgomery Aquatic Center

Phone: 301-468-4211

Swim lessons for all ages and abilities. Screening is available to evaluate students abilities. Please call 301-468-4211 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions.



Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$43.00
126126	Montgomery AqC	6/20	M,W,F	10:20am-10:50am
126075	Montgomery AqC	6/25	Sa	9:40am-10:10am
126125	Montgomery AqC	6/26	Su	10:20am-10:50am
126127	Montgomery AqC	7/4	M,W,F	10:20am-10:50am

Access all
the fun with
your FREE
Access Card.

Aquatots

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions \$43.00

126136	Montgomery AqC	6/20	M,W,F	9:40am-10:10am
126137	Montgomery AqC	6/20	M, W	6:25pm-6:55pm
126128	Montgomery AqC	6/25	Sa	10:20am-10:50am
126129	Montgomery AqC	6/26	Su	9:40am-10:10am
126138	Montgomery AqC	7/4	M,W,F	9:40am-10:10am
126139	Montgomery AqC	7/11	M, W	6:25pm-6:55pm
126140	Montgomery AqC	7/18	M,W,F	9:40am-10:10am

Pre-School

For children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions \$43.00

126142	Montgomery AqC	6/20	M, W	5:45pm-6:15pm
126143	Montgomery AqC	6/21	Tu, Th	10:00am-10:30am
126141	Montgomery AqC	6/25	Sa	9:00am-9:30am
126144	Montgomery AqC	7/11	M, W	5:45pm-6:15pm
126145	Montgomery AqC	7/12	Tu, Th	10:00am-10:30am

Pre-Beginner-Level 1

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. Class is for students who need to learn basic water adjustment skills.

6 Sessions \$52.00

126152	Montgomery AqC	6/20	M,W,F	9:00am-9:30am
126153	Montgomery AqC	6/20	M,W,F	10:20am-10:50am
126154	Montgomery AqC	6/20	M, W	5:45pm-6:15pm
126155	Montgomery AqC	6/21	Tu, Th	10:40am-11:10am
126156	Montgomery AqC	6/21	Tu, Th	5:45pm-6:15pm
126157	Montgomery AqC	6/21	Tu, Th	6:25pm-6:55pm
126146	Montgomery AqC	6/25	Sa	9:00am-9:30am
126147	Montgomery AqC	6/25	Sa	9:40am-10:10am
126148	Montgomery AqC	6/25	Sa	11:00am-11:30am
126149	Montgomery AqC	6/26	Su	9:40am-10:10am
126150	Montgomery AqC	6/26	Su	11:00am-11:30am
126158	Montgomery AqC	7/4	M,W,F	9:00am-9:30am
126159	Montgomery AqC	7/4	M,W,F	10:20am-10:50am
126160	Montgomery AqC	7/11	M, W	5:45pm-6:15pm
126161	Montgomery AqC	7/12	Tu, Th	10:40am-11:10am
126162	Montgomery AqC	7/12	Tu, Th	5:45pm-6:15pm
126163	Montgomery AqC	7/12	Tu, Th	6:25pm-6:55pm
126164	Montgomery AqC	7/18	M,W,F	9:00am-9:30am
126165	Montgomery AqC	7/18	M,W,F	10:20am-10:50am

Pre-Beginner-Level 2

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions \$50.00

126170	Montgomery AqC	6/20	M,W,F	9:00am-9:30am
126171	Montgomery AqC	6/20	M, W	6:25pm-6:55pm
126172	Montgomery AqC	6/21	Tu, Th	10:00am-10:30am
126173	Montgomery AqC	6/21	Tu, Th	6:25pm-6:55pm
126166	Montgomery AqC	6/25	Sa	9:00am-9:30am
126167	Montgomery AqC	6/25	Sa	11:00am-11:30am
126168	Montgomery AqC	6/26	Su	9:00am-9:30am
126169	Montgomery AqC	6/26	Su	10:20am-10:50am
126174	Montgomery AqC	7/4	M,W,F	9:00am-9:30am
126176	Montgomery AqC	7/11	M, W	6:25pm-6:55pm
126177	Montgomery AqC	7/12	Tu, Th	10:00am-10:30am
126178	Montgomery AqC	7/12	Tu, Th	6:25pm-6:55pm
126179	Montgomery AqC	7/18	M,W,F	9:00am-9:30am

Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions \$50.00

126189	Montgomery AqC	6/20	M,W,F	9:40am-10:10am
126190	Montgomery AqC	6/21	Tu, Th	10:40am-11:10am
126191	Montgomery AqC	6/21	Tu, Th	5:45pm-6:15pm
126187	Montgomery AqC	6/25	Sa	10:20am-10:50am
126188	Montgomery AqC	6/26	Su	11:00am-11:30am
126192	Montgomery AqC	7/4	M,W,F	9:40am-10:10am
126193	Montgomery AqC	7/12	Tu, Th	10:40am-11:10am
126194	Montgomery AqC	7/12	Tu, Th	5:45pm-6:15pm
126195	Montgomery AqC	7/18	M,W,F	9:40am-10:10am



Pre-Beginner-Level 4

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

6 Sessions \$50.00

126197	Montgomery AqC	6/21	Tu, Th	10:40am-11:10am
126196	Montgomery AqC	6/25	Sa	11:00am-11:30am
126198	Montgomery AqC	7/12	Tu, Th	10:40am-11:10am
126199	Montgomery AqC	7/18	M,W,F	10:20am-10:50am

Youth-Level 1

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who need to learn basic water adjustment skills.

6 Sessions \$45.00

126202	Montgomery AqC	6/21	Tu, Th	10:00am-10:30am
126200	Montgomery AqC	6/25	Sa	9:40am-10:10am
126201	Montgomery AqC	6/26	Su	9:00am-9:30am
126203	Montgomery AqC	7/4	M,W,F	9:00am-9:30am
126204	Montgomery AqC	7/18	M,W,F	9:00am-9:30am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions \$45.00

126206	Montgomery AqC	6/20	M,W,F	9:40am-10:10am
126205	Montgomery AqC	6/26	Su	11:00am-11:30am
126207	Montgomery AqC	7/4	M,W,F	9:40am-10:10am
126208	Montgomery AqC	7/18	M,W,F	9:40am-10:10am

Youth swimming classes teach basic water skills and are lots of fun.



Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions \$43.00

126210	Montgomery AqC	6/20	M,W,F	9:00am-9:30am
126209	Montgomery AqC	6/26	Su	9:40am-10:10am
126211	Montgomery AqC	7/12	Tu, Th	10:00am-10:30am

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions \$43.00

126213	Montgomery AqC	6/20	M,W,F	10:20am-10:50am
126212	Montgomery AqC	6/26	Su	10:20am-10:50am
126214	Montgomery AqC	7/4	M,W,F	10:20am-10:50am
126215	Montgomery AqC	7/18	M,W,F	10:20am-10:50am

Youth-Level 5

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

6 Sessions \$43.00

126216	Montgomery AqC	6/26	Su	9:00am-9:30am
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Youth-Level 6

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

6 Sessions \$43.00

126217	Montgomery AqC	6/25	Sa	10:20am-10:50am
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*Fearful of the water?
Our Level 1 Adult swim
class is just for you.
We'll help you become
confident in the water.*

Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

6 Sessions \$52.00

126218	Montgomery AqC	6/23	Th	8:30pm-9:00pm
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Adult-Level 4

Designed for teenagers and adults (14 years and older) who can already swim a coordinated front and back crawl for 15 yards (across width of the pool) and are comfortable in deep water.

6 Sessions \$50.00

126219	Montgomery AqC	6/21	Tu	8:30pm-9:00pm
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Adult-Level 5

Designed for teenagers and adults (14 years and older) who can swim 1 length of front and back crawl, 15 yards of elementary back stroke in good form, tread water, and dive into and swim in deep water.

6 Sessions \$50.00

126220	Montgomery AqC	6/22	W	8:30pm-9:00pm
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Adult-Swim for Condi. 1

Designed for teenagers and adults (14 years and older) who can swim 25 yards of freestyle, backstroke, breaststroke. Students will further refine technical skills and learn to develop their own conditioning program.

6 Sessions \$50.00

126221	Montgomery AqC	6/20	M	8:30pm-9:00pm
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Adult-Swim for Condi. 2

Designed for teenagers and adults (14 years and older) who can swim 50 meters of freestyle. This class will provide technical training and is an opportunity for prospective lifeguards to establish swimming proficiency. Students must be deep water adjusted as this class will be held in deep water.

6 Sessions \$50.00

126222	Montgomery AqC	6/20	M	8:30pm-9:00pm
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Olney Swim Center

Phone: 301-570-1210

Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-570-1210 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for six 30 minute sessions.

Waterbabies

Designed for children 6 months - 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions \$43.00

127272	Olney SwC	6/20	M, Tu, W	10:15am-10:45am
127271	Olney SwC	6/23	Th	10:50am-11:20am
127268	Olney SwC	6/25	Sa	11:20am-11:50am
127269	Olney SwC	6/26	Su	11:20am-11:50am
127273	Olney SwC	7/18	M, Tu, W	10:55am-11:25am

Aquatots

Designed for children 18 months - 3 years of age. Basic water adjustment skills and simple water skills are taught. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions \$43.00

127279	Olney SwC	6/20	M, Tu, W	10:55am-11:25am
127276	Olney SwC	6/23	Th	10:10am-10:40am
127277	Olney SwC	6/23	Th	6:40pm-7:10pm
127274	Olney SwC	6/25	Sa	10:40am-11:20am
127275	Olney SwC	6/26	Su	10:40am-11:20am
127278	Olney SwC	6/28	Tu	6:05am-6:35am
127281	Olney SwC	7/4	M, Tu, W	10:15am-10:45am



Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

6 Sessions				\$43.00
127289	Olney SwC	6/23	Th	9:30am-10:00am
127282	Olney SwC	6/25	Sa	10:00am-10:30am
127286	Olney SwC	6/25	Sa	12:00pm-12:30pm
127287	Olney SwC	6/26	Su	10:00am-10:30am
127288	Olney SwC	6/26	Su	12:00pm-12:30pm
127290	Olney SwC	6/28	Tu	6:40am-7:10am
127291	Olney SwC	6/29	W	6:25am-6:55am
127292	Olney SwC	7/4	M, Tu, W	10:55am-11:25am
127293	Olney SwC	7/18	M, Tu, W	9:00am-9:30am

Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

6 Sessions				\$52.00
127352	Olney SwC	6/20	M, Tu, W	9:00am-9:30am
127353	Olney SwC	6/20	M, Tu, W	9:00am-9:30am
127354	Olney SwC	6/20	M, Tu, W	9:35am-10:05am
127355	Olney SwC	6/20	M, Tu, W	10:15am-10:45am
127356	Olney SwC	6/20	M, Tu, W	10:15am-10:45am
127357	Olney SwC	6/20	M, Tu, W	10:55am-11:25am
127344	Olney SwC	6/23	Th	9:30am-10:00am
127345	Olney SwC	6/23	Th	10:10am-10:40am
127346	Olney SwC	6/23	Th	10:50am-11:20am
127347	Olney SwC	6/23	Th	6:05pm-6:35pm
127331	Olney SwC	6/25	Sa	10:00am-10:30am
127332	Olney SwC	6/25	Sa	10:00am-10:30am
127333	Olney SwC	6/25	Sa	10:40am-11:10am
127334	Olney SwC	6/25	Sa	11:20am-11:50am
127335	Olney SwC	6/25	Sa	12:00pm-12:30pm
127336	Olney SwC	6/25	Sa	12:00pm-12:30pm
127337	Olney SwC	6/26	Su	10:00am-10:30am
127338	Olney SwC	6/26	Su	10:00am-10:30am
127339	Olney SwC	6/26	Su	10:40am-11:10am
127340	Olney SwC	6/26	Su	11:20am-11:50am
127341	Olney SwC	6/26	Su	11:20am-11:50am
127342	Olney SwC	6/26	Su	12:00pm-12:30pm
127343	Olney SwC	6/26	Su	12:00pm-12:30pm
127348	Olney SwC	6/28	Tu	6:05pm-6:35pm
127349	Olney SwC	6/28	Tu	6:05pm-6:35pm
127350	Olney SwC	6/28	Tu	6:40pm-7:10pm
127351	Olney SwC	6/29	W	7:05pm-7:35pm
127358	Olney SwC	7/4	M, Tu, W	9:00am-9:30am

127359	Olney SwC	7/4	M, Tu, W	9:00am-9:30am
127360	Olney SwC	7/4	M, Tu, W	9:35am-10:05am
127361	Olney SwC	7/4	M, Tu, W	10:15am-10:45am
127362	Olney SwC	7/4	M, Tu, W	10:15am-10:45am
127363	Olney SwC	7/4	M, Tu, W	10:55am-11:25am
127364	Olney SwC	7/4	M, Tu, W	10:55am-11:25am
127365	Olney SwC	7/18	M, Tu, W	9:00am-9:30am
127366	Olney SwC	7/18	M, Tu, W	9:00am-9:30am
127367	Olney SwC	7/18	M, Tu, W	9:35am-10:05am
127368	Olney SwC	7/18	M, Tu, W	9:35am-10:05am
127369	Olney SwC	7/18	M, Tu, W	10:25am-10:55am
127370	Olney SwC	8/1	M, Tu, W	9:00am-9:30am
127371	Olney SwC	8/1	M, Tu, W	9:35am-10:05am
127372	Olney SwC	8/1	M, Tu, W	10:15am-10:45am

Pre-Beginner-Level 2

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions				\$50.00
127390	Olney SwC	6/20	M, Tu, W	9:00am-9:30am
127391	Olney SwC	6/20	M, Tu, W	9:35am-10:05am
127392	Olney SwC	6/20	M, Tu, W	10:15am-10:45am
127381	Olney SwC	6/23	Th	9:30am-10:00am
127382	Olney SwC	6/23	Th	10:50am-11:20am
127383	Olney SwC	6/23	Th	6:05pm-6:35pm
127384	Olney SwC	6/23	Th	6:40pm-7:10pm
127373	Olney SwC	6/25	Sa	10:00am-10:30am
127374	Olney SwC	6/25	Sa	10:40am-11:10am
127375	Olney SwC	6/25	Sa	11:20am-11:50am
127376	Olney SwC	6/25	Sa	12:00pm-12:30pm
127377	Olney SwC	6/26	Su	10:00am-10:30am
127378	Olney SwC	6/26	Su	10:40am-11:10am
127379	Olney SwC	6/26	Su	11:20am-11:50am
127380	Olney SwC	6/26	Su	12:00pm-12:30pm
127385	Olney SwC	6/28	Tu	6:05pm-6:35pm
127386	Olney SwC	6/28	Tu	6:40pm-7:10pm
127387	Olney SwC	6/29	W	6:25pm-6:55pm
127388	Olney SwC	6/29	W	7:05pm-7:35pm
127389	Olney SwC	6/29	W	7:45pm-8:15pm
127393	Olney SwC	7/4	M, Tu, W	9:00am-9:30am
127394	Olney SwC	7/4	M, Tu, W	9:35am-10:05am
127395	Olney SwC	7/4	M, Tu, W	10:55am-11:25am
127396	Olney SwC	7/18	M, Tu, W	9:00am-9:30am
127397	Olney SwC	7/18	M, Tu, W	9:35am-10:05am
127398	Olney SwC	7/18	M, Tu, W	10:15am-10:45am
127399	Olney SwC	7/18	M, Tu, W	10:55am-11:25am
127400	Olney SwC	8/1	M, Tu, W	9:00am-9:30am
127401	Olney SwC	8/1	M, Tu, W	9:35am-10:05am
127402	Olney SwC	8/1	M, Tu, W	10:15am-10:45am
127403	Olney SwC	8/1	M, Tu, W	10:55am-11:25am

Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for minimum of 5 yards. Swim lessons for all ages and abilities.

6 Sessions				\$50.00
127415	Olney SwC	6/20	M, Tu, W	9:35am-10:05am
127416	Olney SwC	6/20	M, Tu, W	10:55am-11:25am
127410	Olney SwC	6/23	Th	10:10am-10:40am
127404	Olney SwC	6/25	Sa	10:40am-11:10am
127405	Olney SwC	6/25	Sa	11:20am-11:50am

Smile! Get your FREE personalized Access Card today.



127406	Olney SwC	6/25	Sa	12:00pm-12:30pm
127407	Olney SwC	6/26	Su	10:40am-11:10am
127408	Olney SwC	6/26	Su	11:20am-11:50am
127409	Olney SwC	6/26	Su	12:00pm-12:30pm
127411	Olney SwC	6/28	Tu	6:40pm-7:10pm
127412	Olney SwC	6/29	W	6:25pm-6:55pm
127413	Olney SwC	6/29	W	7:05pm-7:35pm
127414	Olney SwC	6/29	W	7:45pm-8:15pm
127417	Olney SwC	7/4	M, Tu, W	9:35am-10:05am
127418	Olney SwC	7/4	M, Tu, W	10:15am-10:45am
127419	Olney SwC	7/18	M, Tu, W	9:00am-9:30am
127420	Olney SwC	7/18	M, Tu, W	10:15am-10:45am
127421	Olney SwC	7/18	M, Tu, W	10:55am-11:25am
127422	Olney SwC	8/1	M, Tu, W	9:00am-9:30am
127423	Olney SwC	8/1	M, Tu, W	10:55am-11:25am

Pre-Beginner-Level 4

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions \$50.00

127428	Olney SwC	6/20	M, Tu, W	10:55am-11:25am
127424	Olney SwC	6/25	Sa	11:20am-11:50am
127425	Olney SwC	6/26	Su	10:00am-10:30am
127426	Olney SwC	6/26	Su	10:40am-11:10am
127427	Olney SwC	6/29	W	7:45pm-8:15pm
127429	Olney SwC	7/4	M, Tu, W	9:35am-10:05am
127430	Olney SwC	7/18	M, Tu, W	9:35am-10:05am
127431	Olney SwC	8/1	M, Tu, W	10:15am-10:45am

**Youth-Level 1**

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who need to learn basic water adjustment skills.

6 Sessions \$45.00

127435	Olney SwC	6/20	M, Tu, W	9:00am-9:30am
127432	Olney SwC	6/25	Sa	10:00am-10:30am
127433	Olney SwC	6/26	Su	10:00am-10:30am
127434	Olney SwC	6/29	W	6:25pm-6:55pm
127436	Olney SwC	7/4	M, Tu, W	10:55am-11:25am
127437	Olney SwC	8/1	M, Tu, W	10:55am-11:25am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions \$45.00

127444	Olney SwC	6/20	M, Tu, W	9:00am-9:30am
127445	Olney SwC	6/20	M, Tu, W	10:15am-10:45am
127442	Olney SwC	6/23	Th	9:30am-10:00am
127438	Olney SwC	6/25	Sa	10:00am-10:30am
127439	Olney SwC	6/25	Sa	10:40am-11:10am
127440	Olney SwC	6/26	Su	10:00am-10:30am
127441	Olney SwC	6/26	Su	10:40am-11:10am
127443	Olney SwC	6/29	W	6:25pm-6:55pm
127446	Olney SwC	7/4	M, Tu, W	9:00am-9:30am
127447	Olney SwC	7/18	M, Tu, W	9:00am-9:30am
127448	Olney SwC	8/1	M, Tu, W	9:35am-10:05am

Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions \$43.00

127604	Olney SwC	6/20	M, Tu, W	9:35am-10:05am
127602	Olney SwC	6/23	Th	10:10am-10:40am
127599	Olney SwC	6/25	Sa	10:40am-11:10am
127600	Olney SwC	6/26	Su	10:40am-11:10am
127601	Olney SwC	6/26	Su	11:20am-11:50am
127603	Olney SwC	6/29	W	7:05pm-7:35pm
127605	Olney SwC	7/4	M, Tu, W	9:00am-9:30am
127606	Olney SwC	7/18	M, Tu, W	9:35am-10:05am
127607	Olney SwC	7/18	M, Tu, W	10:15am-10:45am
127608	Olney SwC	8/1	M, Tu, W	9:35am-10:05am

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions \$43.00

127613	Olney SwC	6/20	M, Tu, W	9:35am-10:05am
127611	Olney SwC	6/23	Th	10:50am-11:20am
127609	Olney SwC	6/25	Sa	11:20am-11:50am
127610	Olney SwC	6/26	Su	11:20am-11:50am
127612	Olney SwC	6/29	W	7:05pm-7:35pm
127614	Olney SwC	7/4	M, Tu, W	9:35am-10:05am
127615	Olney SwC	7/18	M, Tu, W	10:55am-11:25am
127616	Olney SwC	8/1	M, Tu, W	10:15am-10:45am

Youth-Level 5

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

6 Sessions \$43.00

127620	Olney SwC	6/20	M, Tu, W	10:55am-11:25am
127617	Olney SwC	6/25	Sa	12:00pm-12:30pm
127618	Olney SwC	6/26	Su	12:00pm-12:30pm
127619	Olney SwC	6/29	W	7:45pm-8:15pm
127621	Olney SwC	7/4	M, Tu, W	10:15am-10:45am
127622	Olney SwC	7/18	M, Tu, W	10:15am-10:45am
127623	Olney SwC	8/1	M, Tu, W	10:55am-11:25am

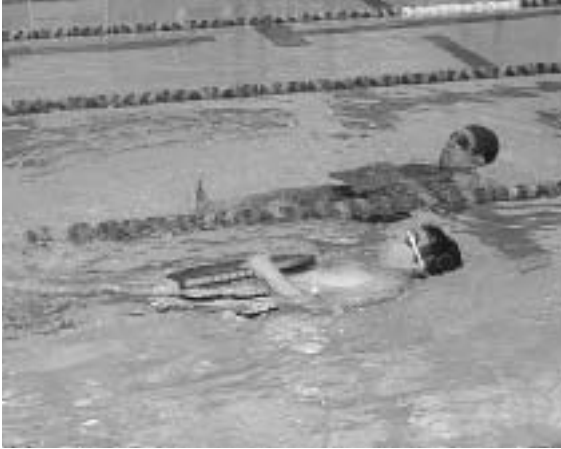
*Put your
child in the
swim of
things with
our lessons
this summer.*

Youth-Level 6

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

6 Sessions \$43.00

127624	Olney SwC	6/25	Sa	12:00pm-12:30pm
127625	Olney SwC	6/26	Su	12:00pm-12:30pm
127626	Olney SwC	7/4	M, Tu, W	10:55am-11:25am
127627	Olney SwC	7/18	M, Tu, W	10:55am-11:25am
127628	Olney SwC	8/1	M, Tu, W	10:55am-11:25am



Adult-Level 1

Designed for teenagers and adults (14 years and older). This class is designed for those students who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

6 Sessions \$52.00

127629	Olney SwC	6/23	Th	6:05pm-6:35pm
127630	Olney SwC	6/29	W	7:45pm-8:15pm
127631	Olney SwC	7/4	M, Tu, W	9:35am-10:05am

Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

6 Sessions \$50.00

127632	Olney SwC	6/25	Sa	11:20am-11:50am
127633	Olney SwC	6/29	W	7:05pm-7:35pm
127634	Olney SwC	7/4	M, Tu, W	9:00am-9:30am
127635	Olney SwC	7/18	M, Tu, W	10:15am-10:45am

Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

6 Sessions \$50.00

127636	Olney SwC	6/25	Sa	10:00am-10:30am
127637	Olney SwC	6/29	W	7:45pm-8:15pm
127638	Olney SwC	7/4	M, Tu, W	10:15am-10:45am
127639	Olney SwC	7/18	M, Tu, W	9:35am-10:05am
127640	Olney SwC	8/1	M, Tu, W	9:00am-9:30am

Adult-Level 4

Designed for teenagers and adults (14 years and older) for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

6 Sessions \$50.00

127641	Olney SwC	6/25	Sa	10:40am-11:10am
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Bethesda Outdoor Pool

Phone: 301-652-1598

Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-652-1598 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

125924	Bethesda Pool	6/18	Sa	9:40am-10:10am
125925	Bethesda Pool	6/18	Sa	10:20am-10:50am
125926	Bethesda Pool	6/19	Su	9:40am-10:10am
125919	Bethesda Pool	6/20	M-Th	10:00am-10:30am
125920	Bethesda Pool	7/4	M-Th	10:00am-10:30am
125921	Bethesda Pool	7/18	M-Th	10:00am-10:30am
125922	Bethesda Pool	8/1	M-Th	10:00am-10:30am
125923	Bethesda Pool	8/1	M-Th	10:35am-11:05am

Aquatots

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

125971	Bethesda Pool	6/18	Sa	9:40am-10:10am
125972	Bethesda Pool	6/19	Su	9:00am-9:30am
125973	Bethesda Pool	6/19	Su	9:40am-10:10am
125967	Bethesda Pool	6/20	M-Th	10:35am-11:05am
125968	Bethesda Pool	7/4	M-Th	10:35am-11:05am
125969	Bethesda Pool	7/18	M-Th	10:35am-11:05am
125970	Bethesda Pool	8/1	M-Th	10:35am-11:05am

Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

125978	Bethesda Pool	6/18	Sa	9:00am-9:30am
125979	Bethesda Pool	6/19	Su	10:20am-10:50am
125974	Bethesda Pool	6/20	M-Th	10:00am-10:30am
125975	Bethesda Pool	7/4	M-Th	10:00am-10:30am
125976	Bethesda Pool	7/18	M-Th	10:00am-10:30am
125977	Bethesda Pool	8/1	M-Th	10:00am-10:30am

Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

8 Sessions \$52.00

126030	Bethesda Pool	6/18	Sa	9:00am-9:30am
126031	Bethesda Pool	6/18	Sa	10:20am-10:50am
126032	Bethesda Pool	6/19	Su	9:00am-9:30am
126033	Bethesda Pool	6/19	Su	9:40am-10:10am
126034	Bethesda Pool	6/19	Su	10:20am-10:50am

Help your child get the most out of summer pool days with our swim lessons.



125980	Bethesda Pool	6/20	M-Th	10:00am-10:30am
125981	Bethesda Pool	6/20	M-Th	10:35am-11:05am
125992	Bethesda Pool	7/4	M-Th	10:00am-10:30am
125993	Bethesda Pool	7/4	M-Th	10:35am-11:05am
125994	Bethesda Pool	7/18	M-Th	10:00am-10:30am
125995	Bethesda Pool	7/18	M-Th	10:35am-11:05am
125996	Bethesda Pool	8/1	M-Th	10:00am-10:30am
125997	Bethesda Pool	8/1	M-Th	10:35am-11:05am



Pre-Beginner-Level 2

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions		\$50.00		
126228	Bethesda Pool	6/18	Sa	9:40am-10:10am
126229	Bethesda Pool	6/19	Su	9:00am-9:30am
126230	Bethesda Pool	6/19	Su	10:20am-10:50am
126223	Bethesda Pool	6/20	M-Th	10:00am-10:30am
126224	Bethesda Pool	6/20	M-Th	10:35am-11:05am
126225	Bethesda Pool	7/4	M-Th	10:00am-10:30am
126226	Bethesda Pool	7/18	M-Th	10:35am-11:05am
126227	Bethesda Pool	8/1	M-Th	10:35am-11:05am

Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions		\$50.00		
126239	Bethesda Pool	6/18	Sa	10:20am-10:50am
126231	Bethesda Pool	6/20	M-Th	10:35am-11:05am
126232	Bethesda Pool	7/4	M-Th	10:35am-11:05am
126237	Bethesda Pool	7/18	M-Th	10:35am-11:05am

Pre-Beginner-Level 4

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

8 Sessions		\$50.00		
126240	Bethesda Pool	7/4	M-Th	10:35am-11:05am
126241	Bethesda Pool	7/18	M-Th	10:00am-10:30am
126242	Bethesda Pool	8/1	M-Th	10:35am-11:05am



Youth-Level 1

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who need to learn basic water adjustment skills.

8 Sessions		\$45.00		
126247	Bethesda Pool	6/18	Sa	9:00am-9:30am
126248	Bethesda Pool	6/19	Su	9:00am-9:30am
126243	Bethesda Pool	6/20	M-Th	10:00am-10:30am
126244	Bethesda Pool	6/20	M-Th	10:35am-11:05am
126245	Bethesda Pool	7/4	M-Th	10:35am-11:05am
126246	Bethesda Pool	8/1	M-Th	10:00am-10:30am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions		\$45.00		
126254	Bethesda Pool	6/18	Sa	9:40am-10:10am
126255	Bethesda Pool	6/19	Su	10:20am-10:50am
126249	Bethesda Pool	6/20	M-Th	10:35am-11:05am
126250	Bethesda Pool	7/4	M-Th	10:00am-10:30am
126251	Bethesda Pool	8/1	M-Th	10:00am-10:30am

Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions		\$43.00		
126258	Bethesda Pool	6/18	Sa	9:00am-9:30am
126256	Bethesda Pool	7/18	M-Th	10:00am-10:30am
126257	Bethesda Pool	7/18	M-Th	10:35am-11:05am

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

8 Sessions		\$43.00		
126260	Bethesda Pool	6/18	Sa	10:20am-10:50am
126261	Bethesda Pool	6/19	Su	10:20am-10:50am
126259	Bethesda Pool	7/4	M-Th	10:35am-11:05am

Youth-Level 5

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, dive into and swim in deep water.

8 Sessions					\$43.00
Instructor:					
126263	Bethesda Pool	7/4	M-Th	10:35am-11:05am	
126262	Bethesda Pool	8/1	M-Th	10:35am-11:05am	

Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions				\$50.00
Instructor:				
124893	Bethesda Pool	6/20	M, W	8:10pm-8:40pm

Adult-Level 3

Designed for teenagers and adults (14 years and older) who can already swim a combine stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions		\$50.00		
126264	Bethesda Pool	7/18	M, W	8:10pm-8:40pm

Germantown Outdoor Pool

Phone: 301-601-1690

Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-601-1690 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. **THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES.** Courses meet for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

Instructor:

125267	Germantown OP	6/20	M-Th	9:40am-10:20am
125271	Germantown OP	6/25	Sa	10:10am-10:40am
125268	Germantown OP	7/4	M-Th	10:30am-11:00am
125269	Germantown OP	7/18	M-Th	10:30am-11:00am
125270	Germantown OP	8/1	M-Th	9:40am-10:20am

Aquatots

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

Instructor:

125272	Germantown OP	6/20	M-Th	10:30am-11:00am
125276	Germantown OP	6/25	Sa	10:10am-10:40am
125273	Germantown OP	7/4	M-Th	9:00am-9:30am
125274	Germantown OP	7/18	M-Th	9:40am-10:20am
125275	Germantown OP	8/1	M-Th	9:00am-9:30am



Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

125277	Germantown OP	6/20	M-Th	9:00am-9:30am
125281	Germantown OP	6/25	Sa	9:30am-10:00am
125278	Germantown OP	7/4	M-Th	9:40am-10:20am
125279	Germantown OP	7/18	M-Th	9:00am-9:30am
125280	Germantown OP	8/1	M-Th	10:30am-11:00am

Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents **DO NOT** accompany children. This class is for students who need to learn basic water adjustment skills.

7 Sessions \$52.00

125743	Germantown OP	7/5	Tu, Th, F, M	7:30pm-8:00pm
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8 Sessions \$52.00

125723	Germantown OP	6/20	M-Th	9:00am-9:30am
125724	Germantown OP	6/20	M-Th	9:00am-9:30am
125725	Germantown OP	6/20	M-Th	9:40am-10:20am
125726	Germantown OP	6/20	M-Th	10:30am-11:00am
125742	Germantown OP	6/20	M, Tu, Th, F	7:30pm-8:00pm
125737	Germantown OP	6/25	Sa	9:00am-9:30am
125738	Germantown OP	6/25	Sa	9:30am-10:00am
125739	Germantown OP	6/25	Sa	10:10am-10:40am
125740	Germantown OP	6/25	Sa	10:40am-11:10am
125741	Germantown OP	6/26	Su	9:30am-10:00am
125727	Germantown OP	7/4	M-Th	9:00am-9:30am
125728	Germantown OP	7/4	M-Th	9:40am-10:20am
125729	Germantown OP	7/18	M-Th	9:00am-9:30am
125730	Germantown OP	7/18	M-Th	9:40am-10:20am
125731	Germantown OP	7/18	M-Th	10:30am-11:00am
125744	Germantown OP	7/18	M, Tu, Th, F	7:30pm-8:00pm
125732	Germantown OP	8/1	M-Th	9:00am-9:30am
125733	Germantown OP	8/1	M-Th	9:40am-10:20am
125734	Germantown OP	8/1	M-Th	9:40am-10:20am

Pre-Beginner-Level 2

Designed for children 4-6 years old or less than 50 inches tall. Parents **DO NOT** accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$50.00

125745	Germantown OP	6/20	M-Th	9:00am-9:30am
125746	Germantown OP	6/20	M-Th	9:40am-10:20am
125755	Germantown OP	6/20	M, Tu, Th, F	7:30pm-8:00pm
125753	Germantown OP	6/25	Sa	10:40am-11:10am
125754	Germantown OP	6/26	Su	9:30am-10:00am
125747	Germantown OP	7/4	M-Th	9:00am-9:30am
125748	Germantown OP	7/4	M-Th	10:30am-11:00am
125749	Germantown OP	7/18	M-Th	9:00am-9:30am
125750	Germantown OP	7/18	M-Th	10:30am-11:00am
125751	Germantown OP	8/1	M-Th	9:00am-9:30am
125752	Germantown OP	8/1	M-Th	10:30am-11:00am
125756	Germantown OP	8/1	M, Tu, Th, F	7:30pm-8:00pm

Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents **DO NOT** accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

7 Sessions \$50.00

125763	Germantown OP	7/5	Tu, Th, F, M	7:30pm-8:00pm
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8 Sessions \$50.00

Instructor:

125760	Germantown OP	6/25	Sa	9:30am-10:00am
125761	Germantown OP	6/25	Sa	10:40am-11:10am
125762	Germantown OP	6/26	Su	10:10am-10:40am
125757	Germantown OP	7/4	M-Th	9:40am-10:20am
125758	Germantown OP	7/18	M-Th	9:00am-9:30am
125759	Germantown OP	8/1	M-Th	10:30am-11:00am
125764	Germantown OP	8/1	M, Tu, Th, F	7:30pm-8:00pm

*Smiles and
splashes
add up to
summer fun!*

**Youth-Level 1**

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who need to learn basic water adjustment skills.

8 Sessions \$45.00

125093	Germantown OP	6/20	M-Th	9:00am-9:30am
125094	Germantown OP	6/20	M-Th	9:40am-10:20am
125095	Germantown OP	6/20	M-Th	10:30am-11:00am
125194	Germantown OP	6/20	M, Tu, Th, F	8:00pm-8:30pm
125193	Germantown OP	6/25	Sa	9:00am-9:30am
125188	Germantown OP	7/4	M-Th	9:00am-9:30am
125189	Germantown OP	7/4	M-Th	10:30am-11:00am
125191	Germantown OP	7/18	M-Th	9:40am-10:20am
125192	Germantown OP	8/1	M-Th	9:40am-10:20am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

7 Sessions \$45.00

125204	Germantown OP	7/5	Tu, Th, F, M	8:00pm-8:30pm
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8 Sessions \$45.00

125196	Germantown OP	6/20	M-Th	9:40am-10:20am
125197	Germantown OP	6/20	M-Th	10:30am-11:00am
125206	Germantown OP	6/25	Sa	9:00am-9:30am
125207	Germantown OP	6/26	Su	9:30am-10:00am
125198	Germantown OP	7/4	M-Th	9:00am-9:30am
125199	Germantown OP	7/4	M-Th	9:40am-10:20am
125200	Germantown OP	7/4	M-Th	10:30am-11:00am
125201	Germantown OP	7/18	M-Th	9:40am-10:20am
125205	Germantown OP	7/18	M, Tu, Th, F	8:00pm-8:30pm
125202	Germantown OP	8/1	M-Th	9:00am-9:30am
125203	Germantown OP	8/1	M-Th	9:40am-10:20am

Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

7 Sessions \$43.00

125222	Germantown OP	7/5	Tu, Th, F, M	8:00pm-8:30pm
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8 Sessions \$43.00

Instructor:

125216	Germantown OP	6/20	M-Th	10:30am-11:00am
125224	Germantown OP	6/26	Su	10:10am-10:40am
125217	Germantown OP	7/4	M-Th	9:40am-10:20am
125218	Germantown OP	7/18	M-Th	9:00am-9:30am
125223	Germantown OP	7/18	M, Tu, Th, F	7:30pm-8:00pm
125219	Germantown OP	8/1	M-Th	9:00am-9:30am
125220	Germantown OP	8/1	M-Th	10:30am-11:00am

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

8 Sessions \$43.00

125246	Germantown OP	6/20	M, Tu, Th, F	8:00pm-8:30pm
125249	Germantown OP	6/26	Su	10:10am-10:40am
125242	Germantown OP	7/4	M-Th	10:30am-11:00am
125243	Germantown OP	7/18	M-Th	9:40am-10:20am
125244	Germantown OP	7/18	M-Th	10:30am-11:00am
125247	Germantown OP	7/18	M, Tu, Th, F	8:00pm-8:30pm
125245	Germantown OP	8/1	M-Th	10:30am-11:00am
125248	Germantown OP	8/1	M, Tu, Th, F	8:00pm-8:30pm

Youth-Level 5

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

8 Sessions \$43.00

125250	Germantown OP	7/18	M-Th	10:30am-11:00am
125251	Germantown OP	8/1	M, Tu, Th, F	8:00pm-8:30pm

Wheaton/Glenmont Pool

Phone: 301-929-5460

Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-929-5460 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

127642	Wheaton/Glenmont	6/18	Sa	10:30am-11:00am
127643	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127644	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127645	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127646	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am

Aquatots

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

127647	Wheaton/Glenmont	6/18	Sa	11:15am-11:45am
127648	Wheaton/Glenmont	6/19	Su	9:45am-10:15am
127649	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am
127650	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am
127651	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am
127652	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am

Escape the summer heat...jump into swim lessons.



Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

127653	Wheaton/Glenmont	6/18	Sa	9:45am-10:15am
127654	Wheaton/Glenmont	6/19	Su	11:15am-11:45am
127655	Wheaton/Glenmont	6/20	M-Th	9:15am-9:30am
127656	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127657	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127658	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am
127659	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am
127660	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am

Pre-Beginner-Level 1

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. For students who need to learn basic water adjustment skills.

8 Sessions \$52.00

127661	Wheaton/Glenmont	6/18	Sa	10:30am-11:00am
127662	Wheaton/Glenmont	6/18	Sa	11:15am-11:45am
127663	Wheaton/Glenmont	6/19	Su	9:45am-10:15am
127664	Wheaton/Glenmont	6/19	Su	10:30am-11:00am
127665	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127666	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127667	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127668	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127669	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127670	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127671	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127672	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127673	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127674	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127675	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am
127676	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am
127677	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am
127678	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am
127679	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127680	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127681	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am
127682	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am

Pre-Beginner-Level 2

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$50.00

127683	Wheaton/Glenmont	6/18	Sa	9:45am-10:15am
127684	Wheaton/Glenmont	6/18	Sa	11:15am-11:45am
127685	Wheaton/Glenmont	6/19	Su	10:30am-11:00am
127686	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127687	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127688	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127689	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127690	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127691	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127692	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127693	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127694	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127695	Wheaton/Glenmont	7/4	M-Th	10:50am-11:20am
127696	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am
127697	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am
127698	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127699	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am
127700	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am

Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions \$50.00

127701	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127702	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127703	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127704	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am
127705	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am
127706	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am
127707	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127708	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am
127709	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am

Pre-Beginner-Level 4

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

8 Sessions \$50.00

127710	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127711	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am
127712	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am

Youth-Level 1

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who need to learn basic water adjustment skills.

8 Sessions \$45.00

127713	Wheaton/Glenmont	6/18	Sa	9:45am-10:15am
127714	Wheaton/Glenmont	6/19	Su	10:30am-11:00am
127715	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127716	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127717	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127718	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127719	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127720	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am
127721	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am
127722	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127723	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am
127724	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am
127725	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$45.00

127726	Wheaton/Glenmont	6/18	Sa	10:30am-11:00am
127727	Wheaton/Glenmont	6/19	Su	11:15am-11:45am
127728	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127729	Wheaton/Glenmont	6/20	M-Th	9:15am-9:45am
127730	Wheaton/Glenmont	6/20	M-Th	9:50am-10:20am
127731	Wheaton/Glenmont	6/20	M-Th	10:30am-11:00am
127732	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am
127733	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am
127734	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am
127735	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am
127736	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am
127737	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am
127738	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am
127739	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am





Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions					\$43.00
127740	Wheaton/Glenmont	6/19	Su	9:45am-10:15am	
127741	Wheaton/Glenmont	7/4	M-Th	9:15am-9:45am	
127742	Wheaton/Glenmont	7/4	M-Th	9:50am-10:20am	
127743	Wheaton/Glenmont	7/4	M-Th	10:30am-11:00am	
127744	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am	
127745	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am	
127746	Wheaton/Glenmont	7/18	M-Th	10:30am-11:00am	
127747	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am	
127748	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am	

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

8 Sessions					\$43.00
127749	Wheaton/Glenmont	7/18	M-Th	9:15am-9:45am	
127750	Wheaton/Glenmont	7/18	M-Th	9:50am-10:20am	
127751	Wheaton/Glenmont	8/1	M-Th	9:15am-9:45am	
127752	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am	

Youth-Level 5

For children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

8 Sessions					\$43.00
127753	Wheaton/Glenmont	8/1	M-Th	10:30am-11:00am	

Youth-Level 6

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 2 lengths of front and back crawl in good form and 15 yards of breaststroke.

8 Sessions					\$43.00
127754	Wheaton/Glenmont	8/1	M-Th	9:50am-10:20am	

Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

8 Sessions					\$52.00
127755	Wheaton/Glenmont	6/19	Su	11:15am-11:45am	
127756	Wheaton/Glenmont	6/23	Th	8:10pm-8:40pm	

Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions					\$50.00
127757	Wheaton/Glenmont	6/28	Tu	8:10am-8:40am	

Long Branch Pool

Phone: 301-431-5700

Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-431-5700 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions					\$43.00
127266	Long Branch	6/19	Su	10:40am-11:20am	
127267	Long Branch	7/19	Tu, Th	7:20pm-7:50pm	

Aquatots

Designed for children 18 months-3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions					\$43.00
127270	Long Branch	6/19	Su	11:20am-11:50am	
127280	Long Branch	6/21	Tu, Th	8:00pm-8:30pm	

Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions					\$43.00
127283	Long Branch	6/19	Su	11:20am-11:50am	
127284	Long Branch	6/21	Tu, Th	7:20pm-7:50pm	
127285	Long Branch	7/19	Tu, Th	8:00pm-8:30pm	

Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

127294	Long Branch	6/19	Su	10:00-10:30am
127295	Long Branch	6/20	M-Th	10:00-10:30am
127296	Long Branch	7/4	M-Th	10:00-10:30am
127297	Long Branch	7/18	M-Th	10:00-10:30am
127298	Long Branch	8/1	M-Th	10:00-10:30am

Pre-Beginner-Level 2

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions					\$50.00
127299	Long Branch	6/19	Su	10:00am-10:30am	
127300	Long Branch	6/20	M-Th	10:00am-10:30am	
127301	Long Branch	7/4	M-Th	10:00am-10:30am	
127302	Long Branch	7/18	M-Th	10:00am-10:30am	

Access cards
for everyone
4 to 104!



Pre-Beginner-Level 3

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions \$50.00

127303	Long Branch	6/19	Su	10:00am-10:30am
127304	Long Branch	6/20	M-Th	10:00am-10:30am
127305	Long Branch	7/4	M-Th	10:00am-10:30am

Pre-Beginner-Level 4

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a coordinated front and back crawl for 15 yards (the width of the pool) and are comfortable in deep water.

8 Sessions \$50.00

127307	Long Branch	6/21	Tu, Th	7:20pm-7:56pm
127306	Long Branch	8/1	M-Th	10:40am-11:10am

Youth-Level 1

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who need to learn basic water adjustment skills.

8 Sessions \$45.00

127308	Long Branch	6/19	Su	10:40am-11:10am
127309	Long Branch	6/20	M-Th	10:40am-11:10am
127310	Long Branch	7/4	M-Th	10:40am-11:10am
127311	Long Branch	7/18	M-Th	10:40am-11:10am
127312	Long Branch	8/1	M-Th	10:40am-11:10am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$45.00

127313	Long Branch	6/19	Su	10:40am-11:10am
127314	Long Branch	6/20	M-Th	10:40am-11:10am
127315	Long Branch	7/4	M-Th	10:40am-11:10am
127316	Long Branch	7/18	M-Th	10:40am-11:10am
127317	Long Branch	8/1	M-Th	10:40am-11:10am



Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions \$43.00

127318	Long Branch	6/19	Su	10:40am-11:10am
127319	Long Branch	6/20	M-Th	10:40am-11:10am
127320	Long Branch	7/4	M-Th	10:40am-11:10am
127321	Long Branch	7/18	M-Th	10:40am-11:10am

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

8 Sessions \$43.00

127322	Long Branch	6/19	Su	11:20am-11:50am
127323	Long Branch	7/18	M-Th	10:00am-10:30am
127324	Long Branch	7/19	Tu, Th	7:20pm-7:50pm

Youth-Level 5

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

8 Sessions \$43.00

127325	Long Branch	8/1	M-Th	10:00am-10:30am
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Adult-Level 1

Designed for teenagers and adults (14 years and older) who are fearful of the water and/or may have had a bad experience in the water. Basic water adjustment skills will be taught.

8 Sessions \$52.00

127326	Long Branch	6/19	Su	11:20am-11:50am
127327	Long Branch	6/21	Tu, Th	8:00pm-8:30pm

Adult-Level 2

Designed for teenagers and adults (14 years and older) who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$50.00

127328	Long Branch	6/19	Su	10:00am-10:30am
127329	Long Branch	7/19	Tu, Th	8:00pm-8:30pm

Upper County Pool

Phone: 301-840-2446

Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301-840-2446 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASS-ES. Courses meet for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

126276	Upper County P	6/26	Su	10:35am-11:05am
126277	Upper County P	7/4	M-Th	9:35am-10:05am
126278	Upper County P	7/18	M-Th	10:10am-10:40am

Your child's safety in the pool is our highest priority.





Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

8 Sessions				\$52.00
126281	Upper County P	6/20	M-Th	9:00am-9:30am
126282	Upper County P	6/20	M-Th	9:35am-10:05am
126283	Upper County P	6/20	M-Th	10:10am-10:40am
126279	Upper County P	6/26	Su	10:00am-10:30am
126280	Upper County P	6/26	Su	10:35am-11:05am
126284	Upper County P	7/4	M-Th	9:00am-9:30am
126285	Upper County P	7/4	M-Th	9:35am-10:05am
126286	Upper County P	7/18	M-Th	9:00am-9:30am
126287	Upper County P	7/18	M-Th	9:35am-10:05am

Pre-Beginner-Level 2

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. For students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions				\$50.00
126290	Upper County P	6/20	M-Th	9:00am-9:30am
126291	Upper County P	6/20	M-Th	10:10am-10:40am
126288	Upper County P	6/26	Su	10:00am-10:30am
126289	Upper County P	6/26	Su	11:15am-11:45am
126292	Upper County P	7/4	M-Th	9:00am-9:30am
126293	Upper County P	7/4	M-Th	10:10am-10:40am
126294	Upper County P	7/18	M-Th	9:00am-9:30am
126295	Upper County P	7/18	M-Th	10:10am-10:40am

Pre-Beginner-Level 3

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. For students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions				\$50.00
126297	Upper County P	6/20	M-Th	9:35am-10:05am
126296	Upper County P	6/26	Su	11:15am-11:45am
126298	Upper County P	7/4	M-Th	10:10am-10:40am
126299	Upper County P	7/18	M-Th	9:35am-10:05am

Pre-Beginner-Level 4

For children 4-6 years old or less than 50 inches tall, who can already swim a coordinated front and back crawl for 15 yards (pool width) and are comfortable in deep water. Parents DO NOT accompany children.

8 Sessions				\$50.00
126300	Upper County P	7/18	M-Th	10:10am-10:40am

Youth-Level 1

For children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who need to learn basic water adjustment skills.

8 Sessions				\$45.00
126301	Upper County P	6/20	M-Th	9:00am-9:30am
126302	Upper County P	7/4	M-Th	10:10am-10:40am

Youth-Level 2

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions				\$45.00
126303	Upper County P	6/20	M-Th	9:35am-10:05am
126304	Upper County P	7/4	M-Th	9:00am-9:30am
126305	Upper County P	7/18	M-Th	9:00am-9:30am

Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. These classes are primarily taught in the Main Pool. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions				\$43.00
126306	Upper County P	6/20	M-Th	10:10am-10:40am
126307	Upper County P	7/4	M-Th	9:35am-10:05am
126308	Upper County P	7/18	M-Th	9:35am-10:05am

West County Outdoor Pool

Phone: 301-349-2217

Swim lessons for all ages and abilities. Screening is available to evaluate the students abilities. Please call the lesson coordinator at 301349-2217 to schedule a time (bring a suit and towel). Please read the course descriptions carefully. Select the course level for which the student has mastered all prerequisite skills. By choosing the appropriate level, the student will be more likely to succeed. Please check all course dates to determine which classes will best accommodate their needs. THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Courses meet for eight 30 minute sessions with the goal to have six sessions due to weather. Morning classes are held on July 4th.

Waterbabies

Designed for children 6 to 18 months. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions				\$43.00
125100	Western Cty P	6/18	Sa	10:20am-10:50am
125101	Western Cty P	6/18	Sa	11:00am-11:30am
125096	Western Cty P	6/20	M-Th	11:00am-11:30am
125097	Western Cty P	7/4	M-Th	11:00am-11:30am
125098	Western Cty P	7/18	M-Th	10:20am-10:50am
125099	Western Cty P	8/1	M-Th	9:40am-10:10am

Aquatots

Designed for children 18 months - 3 years of age. Basic water adjustment skills are taught. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions				\$43.00
125106	Western Cty P	6/18	Sa	10:20am-10:50am
125107	Western Cty P	6/18	Sa	11:00am-11:30am
125102	Western Cty P	6/20	M-Th	11:00am-11:30am
125103	Western Cty P	7/4	M-Th	11:00am-11:30am
125104	Western Cty P	7/18	M-Th	10:20am-10:50am
125105	Western Cty P	8/1	M-Th	9:40am-10:10am

Our lesson series gradually and safely introduces your child to the water.



Pre-School

Designed for children 3-5 years of age. Basic water adjustment continues, but simple water skills are now emphasized. An adult in a swimsuit must accompany EACH student in the water.

8 Sessions \$43.00

125113	Western Cty P	6/18	Sa	11:00am-11:30am
125108	Western Cty P	6/20	M-Th	9:00am-9:30am
125109	Western Cty P	7/4	M-Th	9:40am-10:10am
125110	Western Cty P	7/18	M-Th	9:40am-10:10am
125111	Western Cty P	8/1	M-Th	9:40am-10:10am
125112	Western Cty P	8/1	M-Th	11:00am-11:30am

Pre-Beginner-Level 1

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who need to learn basic water adjustment skills.

8 Sessions \$52.00

125183	Western Cty P	6/18	Sa	9:00am-9:30am
125184	Western Cty P	6/18	Sa	10:20am-10:50am
125167	Western Cty P	6/20	M-Th	9:00am-9:30am
125168	Western Cty P	6/20	M-Th	9:40am-10:10am
125169	Western Cty P	6/20	M-Th	9:40am-10:10am
125170	Western Cty P	6/20	M-Th	10:20am-10:50am
125171	Western Cty P	6/20	M-Th	11:00am-11:30am
125172	Western Cty P	7/4	M-Th	9:00am-9:30am
125173	Western Cty P	7/4	M-Th	9:00am-9:30am
125174	Western Cty P	7/4	M-Th	10:20am-10:50am
125175	Western Cty P	7/4	M-Th	11:00am-11:30am
125176	Western Cty P	7/18	M-Th	9:00am-9:30am
125177	Western Cty P	7/18	M-Th	9:40am-10:10am
125178	Western Cty P	7/18	M-Th	10:20am-10:50am
125179	Western Cty P	7/18	M-Th	10:20am-10:50am
125180	Western Cty P	8/1	M-Th	9:40am-10:10am
125181	Western Cty P	8/1	M-Th	9:40am-10:10am
125182	Western Cty P	8/1	M-Th	11:00am-11:30am

Pre-Beginner-Level 2

Designed for children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$50.00

125231	Western Cty P	6/18	Sa	9:00am-9:30am
125232	Western Cty P	6/18	Sa	9:40am-10:10am
125186	Western Cty P	6/20	M-Th	9:00am-9:30am
125187	Western Cty P	6/20	M-Th	9:00am-9:30am
125208	Western Cty P	6/20	M-Th	9:40am-10:10am
125209	Western Cty P	6/20	M-Th	10:20am-10:50am
125210	Western Cty P	6/20	M-Th	10:20am-10:50am
125211	Western Cty P	7/4	M-Th	9:00am-9:30am
125212	Western Cty P	7/4	M-Th	9:40am-10:10am
125213	Western Cty P	7/4	M-Th	9:40am-10:10am
125214	Western Cty P	7/4	M-Th	11:00am-11:30am
125215	Western Cty P	7/18	M-Th	9:00am-9:30am
125225	Western Cty P	7/18	M-Th	10:20am-10:50am
125226	Western Cty P	7/18	M-Th	11:00am-11:30am
125227	Western Cty P	7/18	M-Th	11:00am-11:30am
125228	Western Cty P	8/1	M-Th	9:00am-9:30am
125229	Western Cty P	8/1	M-Th	9:00am-9:30am
125230	Western Cty P	8/1	M-Th	10:20am-10:50am

Pre-Beginner-Level 3

For children 4-6 years old or less than 50 inches tall. Parents DO NOT accompany children. This class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions \$50.00

125240	Western Cty P	6/18	Sa	9:40am-10:10am
125241	Western Cty P	6/18	Sa	11:00am-11:30am
125234	Western Cty P	6/20	M-Th	9:40am-10:10am
125235	Western Cty P	7/4	M-Th	11:00am-11:30am
125236	Western Cty P	7/18	M-Th	9:00am-9:30am
125237	Western Cty P	7/18	M-Th	9:40am-10:10am
125238	Western Cty P	8/1	M-Th	10:20am-10:50am
125239	Western Cty P	8/1	M-Th	10:20am-10:50am

Youth-Level 1

For children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who need to learn basic water adjustment skills.

8 Sessions \$45.00

125254	Western Cty P	6/18	Sa	10:20am-10:50am
125252	Western Cty P	6/20	M-Th	10:20am-10:50am
125253	Western Cty P	7/18	M-Th	9:40am-10:10am

Youth-Level 2

For children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, for students who are already water adjusted. Students must be able to submerge for 3 seconds and float on their front.

8 Sessions \$45.00

125319	Western Cty P	6/18	Sa	9:00am-9:30am
125317	Western Cty P	7/4	M-Th	10:20am-10:50am
125318	Western Cty P	8/1	M-Th	9:00am-9:30am

Youth-Level 3

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a combined stroke on their front and back, using a kick and arm stroke for a minimum of 5 yards.

8 Sessions \$43.00

125329	Western Cty P	6/18	Sa	9:40am-10:10am
125320	Western Cty P	6/20	M-Th	11:00am-11:30am
125321	Western Cty P	7/4	M-Th	9:00am-9:30am
125322	Western Cty P	7/4	M-Th	10:20am-10:50am
125323	Western Cty P	7/18	M-Th	9:00am-9:30am
125325	Western Cty P	7/18	M-Th	11:00am-11:30am
125327	Western Cty P	8/1	M-Th	10:20am-10:50am
125328	Western Cty P	8/1	M-Th	11:00am-11:30am

Youth-Level 4

Designed for children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can already swim a coordinated front and back crawl for 15 yards (across the width of the pool) and are comfortable in deep water.

8 Sessions \$43.00

125331	Western Cty P	6/20	M-Th	11:00am-11:30am
125332	Western Cty P	7/4	M-Th	9:40am-10:10am
125333	Western Cty P	7/4	M-Th	10:20am-10:50am
125334	Western Cty P	7/18	M-Th	11:00am-11:30am
125335	Western Cty P	8/1	M-Th	11:00am-11:30am

Youth-Level 5

For children at least 6 years old and at least 50 inches tall. Primarily taught in the Main Pool, this class is for students who can swim 1 length of front and back crawl, 15 yards of elementary backstroke in good form, tread water, and dive into and swim in deep water.

8 Sessions \$43.00

125336	Western Cty P	8/1	M-Th	9:00am-9:30am
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Swimming can be a refreshing way to get summer exercise.





Germantown Town Center
MD 118 & Middlebrook Road
12901 Town Commons Drive
Germantown, MD 20874

DANCE

MUSIC

THEATER ARTS

VISUAL ARTS

LIMITED
SCHOLARSHIPS
AVAILABLE

Creative Arts Classes

Summer 2005

Beginning June 20

Classes for Adults, Teens and Children

DANCE

Ballet	Hip Hop	Tap
Swing	Urban Funk	Jazz
Musical Theater Dance		
Creative Movement		

DANCE CAMP
Grades 8-12

THEATER
Acting
Creative Drama

MUSIC

Voice Guitar

VISUAL ART

Painting	Collage	Sculpture
Performance Art	Drawing	Mosaics

Summer Camps for grades 2-8
Mini-Camps for ages 3-6
Magic Camp for grades 3-5

**EARLY CHILDHOOD
PROGRAMS** in Literature,
Music, Visual Art, Dance

** Not affiliated with Montgomery County Recreation Department.

For more information, call **240.912.1053** or visit www.blackrockcenter.org

We Want You!

Part-time Staff are needed to lead a wide variety of activities.
Become part of our team!

Call 240-777-6840 for an application.

Contractual Instructors are needed to instruct professional quality
classes for all ages. Send a resume and class proposal to:

Montgomery County Recreation Department
CCS-Contracts
4010 Randolph Road
Silver Spring, MD 20902

Volunteer this Summer!

- Lead or assist in children's activities
- Support your local community center
- Work with individuals with disabilities
- Provide administrative support
- Help with senior adult programs
- Serve on the advisory board
- Make special events successful!

Become part of our team!
Just call the team you want to work with.

YOUTH SERVICES TEEN ACTIVITIES

Summer Teen Centers

Summer Teen Centers for youth ages 13-16 feature a variety of daily activities including sports, music, arts and crafts projects, music, games, swimming and more! We are offering four, one-week sessions at two locations, Kingsview Middle School and Wheaton High School. Weekly sessions are just \$40 and begin Tuesday, July 5. Hours are from 9:00am-3:30pm. For registration information, please call the Youth Services office.

Teen Travel Club

The Summer Teen Travel Club is offering four, one-week sessions of daily off-site trips for incoming 7th-10th graders. Activities will vary by day and week and include trips to amusement parks, water parks, beaches, rafting, tubing, and more! Weekly sessions are just \$200 for MCRD Teen Club members, \$250 for non-members and begin Tuesday, July 6. For registration information and drop off locations, please check out our web site or call the Youth Services office.

Under-21 County-wide Pool Parties

Exciting events are being planned for the summer! Come join the fun at one or all of our annual summer pool parties. All Montgomery County Middle and High School teens are welcome to come cool off during the hot summer months. For just \$3.00, teens can swim, play games, and listen to a deejay play their favorite music. School ID is required for admission. For more information, please call the Youth Services office.

Friday, July 8 8:30-11:00pm
Wheaton/Glenmont Pool, 12621 Dalewood Drive, Wheaton

Friday, July 15 8:30-11:00pm Germantown Pool, 18905 Kingsview Road, Germantown

Friday, July 22 8:30-11:00pm Martin Luther King Outdoor Pool, 1201 Jackson Road, Silver Spring

Friday, July 29 8:30-11:00pm Western County Pool, 20151 Fisher Avenue, Poolesville

For the latest information, schedules or brochures on any of these activities please call the Youth Services Team at 240-777-6961 or check out our web page at montgomerycountymd.gov/rec.

Teen Volunteer Opportunities

The Department of Recreation is always looking for teen volunteers 14 and older to make a difference in our county. Volunteers will receive student service learning hours for their service in our programs. Please call for applications.

BIG BUDDY

The Big Buddy/Little Buddy Mentoring Program pairs Montgomery County high school students with homeless children. For three hours a week, the buddies form a unique bond by playing games, reading together, playing sports, and just being friends. Once a month, the buddies as a group participate in a recreational, educational, community service and/or social event such as Adventure World, Seneca Creek State Park, or beautifying a neighborhood. There are two sessions, October through March and January through June. The application deadline for the fall session is mid September.



Hanging out with the recreation department.

K.E.E.N. CLUB

Kids Enjoy Exercise Now pairs Montgomery County high school students with high school students with disabilities, forming partnerships through playing sports. The program meets every other Sunday throughout the academic year to play team oriented sports such as soccer, basketball, and swimming.

Youth Advisory Committee

Applications for the Youth Advisory Committee (YAC) are available to any Montgomery County middle and high school students who wish to make a difference. YAC is appointed by the County Executive and takes action on recommendations from its peers to improve the quality of life for Montgomery County youth. YAC meets weekly on Tuesday nights from September through June. For more information, call the Youth Services office.

Having fun together.



THERAPEUTIC RECREATION PROGRAMS

Mainstreaming Opportunities

Individuals with disabilities are encouraged to register for programs. To facilitate your inclusion, you may request auxiliary aids and services.

Interpreters, large or braille print, other auxiliary aids or services, or companions must be requested at least 2 weeks prior to the start of the program. Please call 301-468-4540, TTY 240-777-6974, to schedule an intake for accommodations needed.

Companions provide one-to-one assistance to facilitate participation and assimilation into the program. Most companions are volunteers and placements are limited, and are not guaranteed.



Children's Program

Karate for Individuals with Disabilities

Ages 5&Up: Introduction to traditional Korean Karate (Tang So Do) with emphasis on improving motor planning and coordination. Includes stretching, arm and leg movements and drills. Wear loose fitting clothes or white Gi (uniform). New students attend 9:00 class. No class 7/2.

8 sessions				\$71.00
127970	Randolph Hills PC	6/4	Sa	9:00am-9:45am
127971	Randolph Hills PC	6/4	Sa	9:45am-10:30am

Teen & Adult Programs

Adult Swim

Ages 18&Up, with disabilities: Adapted aquatics and swim instruction in a group setting. Participants should be able to indicate basic wants and needs and have minimal self-help skills. 1 staff to 4 participants. **No personal care provided.**

8 sessions				\$35.00
127963	MLK Swim Center	6/28	Tu	8:30pm-10:00pm
127964	MAC Swim Center	6/30	Th	8:00pm-9:30pm

Feeling Fit with Multiple Sclerosis

Ages 18&Up, who would like to learn to work out independently: Includes warm up, work out, and cool down. Emphasis on learning how to develop a balanced physical activity plan. At the close of the class, participants will be able to design and begin an Individual Fitness Plan.

6 sessions				\$35.00
127965	Holiday Park SrC	5/12	Th	3:30pm-4:30pm

Moving with Multiple Sclerosis

Ages 18&Up, with Multiple Sclerosis: Exercise helps maintain flexibility in joints and muscle strength, relaxes the body, and promotes a sense of well-being. Discussion will focus on ways to keep exercising outside of class.

6 sessions				\$35.00
127966	Germantown CC	5/15	Sun	1:00pm-2:00pm



Slow 'n Easy Aerobics

Ages 15&Up, with disabilities: Exercise to music and get fit through movement, stretching, and coordination. Participants should be able to indicate basic wants and needs, and follow one- and two-step instructions. 1 staff to 8 participants. No class on July 4.

6 sessions				\$26.00
127967	Bauer Drive CC	6/30	Th	7:00pm-8:00pm
127968	Wheaton CC	6/27	M	7:00pm-8:00pm

Special Events

National Therapeutic Recreation Week: July 10-16, 2005

See the *Summer Therapeutic Recreation* brochure for activity details.

16th Anniversary Children's Day VIP Program at the Fair: August 15, 2005

Co-sponsored by the Montgomery County Agricultural Fair and the City of Gaithersburg.

The *Children's Day at the Fair* Committee is asking for help in identifying children who would benefit from this program. In order to be selected a Children's Day VIP, the child must be a resident of Montgomery County between the ages of five and twelve years old and must have a severe disability or life-threatening illness. The family must also be able to attend the Fair on Monday, August 15 as honored guests. If you know of a child or children (who have not yet been a VIP) who you feel would benefit from this very special program, please call 301-468-4540 for an application form.



Countywide Camps for Individuals with Disabilities

Summer Success! Our programs are designed to give kids and teens the opportunity to grow through activities that promote socialization, enhance self-esteem, and provide age-appropriate activities in a safe environment. The Department of Recreation invites you to try one of our exciting Therapeutic Recreation Camps or Programs. To help pick the most appropriate program for your family member, please call a Recreation Specialist at 301-468-4540, TTY 240-777-6974. Have a great summer!

TR Mailing List

If you would like to receive more information on TR programs or clubs, please send a postcard with participant's name, age, address, and phone number.

Mail to: Therapeutic Recreation Mailing List
3950 Ferrara Drive, Wheaton, MD 20906

Summer Camps & Programs

Give your child a Summer to Remember

Montgomery County Department of Recreation
offers spectacular camps that are

Fun

Convenient

Safe

Affordable

You can expect:

- Secure locations where safety is a priority
- Free bus transportation for your convenience
- Recreational swimming for a splashing good time
- Nonstop fun all day long (starting June 20, 2005)

**Call 240-777-6870 for information,
or go online at montgomerycountymd.gov/rec**

Also call for Summer Employment Opportunities

Summer Fun Centers

Ages 5-12 (must have attended kindergarten)

Summer Fun Centers: (formerly known as playgrounds) offer a variety of organized and supervised activities focused around weekly themes. Activities may include crafts, art, sports, special events, active games and drama. Some extended day sites are also available for an additional fee. A six-week program meets June 28-August 6, from 8:00am to 3:00pm, for Extended Sites. All others 9:00am-4:00pm

Bethesda-Chevy Chase Region **240-777-6900**

(Potomac, Darnestown, Chevy Chase and Bethesda)

East County Region **240-777-4980**

(Burtonsville, Fairland and Route 29 corridor)

Mid County Region **240-777-4930**

(Olney, Sandy Spring, Aspen Hill, Kemp Mill and Wheaton)

Silver Spring Region **240-777-4900**

(Silver Spring, Kensington, Garrett Park and Takoma Park)

Upcounty Region **240-777-6940**

(Gaithersburg, Laytonsville, Poolesville, Damascus and Germantown)

Youth Services **240-777-6961**

(Registration and Information)

Other Summer Opportunities

Counselor-in-Training **240-777-6961**

Teen Activities **240-777-6961**

Therapeutic Recreation/Mainstreaming **301-468-4540/TTY 240-777-6974**

Financial assistance is available to qualifying individuals. See page 40 for details.

THE SPORTS



*Hey batter batter batter
SWING! Sign your
child up for one of our
softball leagues today.*

Youth Services Sports

A variety of sports leagues for youth and teens are offered on a year round, countywide basis. Competitive levels exist for beginner and intermediate players.

Youth sports registration occurs on an individual or pre-formed team basis via flyers distributed quarterly through the schools. Volunteers are used to coach and implement these programs. The National Youth Sports Coaches' Association certification program is offered by the Department. Interested adults may call for coaching information.

FALL

Registration begins in August. League Play begins late September.

Basketball - Youth grades 5-8	7 Game Season
Field Hockey - Girls grades 4-9	6-8 Game Season
Flag Football - Youth grades 2-9	7 Game Season
Fast Pitch Softball - Girls grades 7-8	8 Game Season
Modified Fast Pitch Softball - Girls grades 5-6	8 Game Season
Slow Pitch Softball - Girls grades 3-8	8 Game Season

WINTER

Registration begins in October. League play begins January.

Basketball - Youth grades 3-8	8 Game Season
Field Hockey , Indoor - Girls grades 5-10	5 Game Season

SPRING

Registration begins in March. League play begins late April.

Baseball - Youth grades 4-9	10 Game Season
Machine Pitch Baseball - Youth grades 2-3	10 Game season
Tball - Youth grades K-1 6 Sessions	
Slow Pitch Softball - Girls grades 3-12	10 Game Season
Modified Fast Pitch Softball - Girls grades 5-6	10 Game Season
Fast Pitch Softball - Girls grades 7-8	10 Game Season

National Youth Sports Coaches' Association (NYSCA) certification program

Certified volunteers are needed to coach in youth basketball, flag football, in line hockey, baseball and softball. Certification includes the National Youth Sports Coaches Association (NYSCA) program. This program trains and prepares youth coaches and provides secondary liability insurance for those completing the training. Contact Corky McCorkle at 240-777-6961 for a seasonal schedule of upcoming clinics.



OFFICIALS NEEDED

Individuals at least 16 years of age are needed to officiate games in our youth sports leagues. Salary is determined by previous officiating experience and education. For more information, call the Youth Services Team at 240-777-6961.

Flag football-Saturday hours, Grades 2-9. Training begins in September

Baseball and Softball-Saturday and Sunday hours. Grades 2-9. Training in March

Basketball-Saturday and/or Sunday hours. Grades 4-6. Training in late November and December.

PAGES

The Sports Pages



Competitive Sports
A variety of sport leagues for youth, teens, adults and seniors are offered on a year-round, countywide basis.

Adult Leagues: Register by team only. Include Men's, Women's, and Co-Rec divisions. Contact the CCS Team office at 240-777-6870 or visit our web site www.montgomerycountymd.gov/rec to obtain current information and a registration form. **Do not use the form in this publication.** Information and registration materials for adult leagues may be obtained 2 months before the beginning of seasonal league play. Individuals seeking a team placement may call and be added to a list distributed to team managers.

Senior Adult* Sports (age 50 and up): Call Jim Ganz with Montgomery County Senior Sports Association at 301-236-9130.

Hurry...There's still time to register for the Summer's sizzling softball leagues or the best basketball leagues:

SUMMER
Team Registration for Basketball in April and Softball in May
Basketball - Adult, High School Varsity, JV, & Rising Star (grades 6-8)
Softball - Men's, Women's, & Co-Rec
Softball - High School Fast Pitch

FALL
Team Registration in July. League Play begins in September except for Softball which begins in August.

Basketball - High School Varsity, JV	8 Game Season
Flag Football - Co-Rec	10 Game Season
Touch Football - Men's	10 Game Season
In Line Hockey - Youth grades1-8	8 Game Season
Kickball - Co-Rec, Informal & Competitive	14 Game Season
Soccer - Men's, Women's, & Co-Rec	8 Game Season
Soccer - Instructional grades K-4	6 Game Season
Softball - Men's, Women's, & Co-Rec	14 Game Season
Volleyball - Men's, Women's & Co-Rec	7 Match Season

Preview of Other Sports by Season:

WINTER
Team Registration in October
Basketball - Senior Adult, Adult, High School Recreation, Rising Star (grades 6-8), instructional (grades 1-2)
Volleyball Clinics - Adult

SPRING
Team Registration in February
In-Line Hockey - Youth (grades 1-8)
Kickball - Co-Rec
Soccer - Men's, Women's, Co-Rec, & Youth Instructional (grades K-4)
Softball - *Senior Adult, Men's Women's, & Co-Rec
Volleyball - Men's, Women's, Co-Rec



Ace your Fall - sign up for our Fall Volleyball League.



Sports Skills Programs

Ages 6-17: Designed and staffed by professional contractors, the Sports Skills programs offer the opportunity to focus on a favorite sport. It's all about developing and enhancing sports skills by receiving professional level instruction and concentrating on skill-building techniques and drills. Instructors adapt activities to the beginner, intermediate and advanced level players so that everyone is challenged and motivated toward excellence. You'll be impressed by what your child learns!

The option of an Extended Camp for ages 5-13 in the mornings and afternoons is available for an additional fee at the following sites: Luxmanor ES, Brooke Grove ES, Potomac ES, Ridge Road Rec. Park, Winston Churchill HS. Bus Transportation is free in the mornings and afternoons (but not mid-day) at the previous locations, but registration is required. Please visit the web page or call 240-777-6870 for more information. **Programs will not meet on Monday, July 4.**

Baseball Camps by Bases Loaded

Ages 6-13: What a summer opportunity for young players to work on skills such as hitting, pitching, fielding, base running and much more! Combine trained staff with cutting-edge equipment and the use innovative drills, stations, games each day and you get the perfect formula for success. All ability levels are invited to attend as we focus on instruction. Players receive a camp T-shirt and should bring their own glove, bag lunch, and water cooler.

4 Sessions \$145.00

Instructor: Bases Loaded Baseball

118338	South Germantown RP	6/27	M-Th	9:00am-1:00pm
118341	Luxmanor LP	7/25	M-Th	9:00am-1:00pm
118339	Bauer Drive CC	8/8	M-Th	9:00am-1:00pm
118340	Cannon Road LP	8/15	M-Th	9:00am-1:00pm

One-on-One Basketball Clinic

Ages 9-16: Clinics are directed by enthusiastic and experienced coaches, and boys and girls of all ability levels are welcome. Each clinic focuses on a specific skill or fundamental technique, including ball handling, fast break situations, passing, shooting, dribbling, rebounding, and individual moves through fun drills and instruction. Participants should wear non-marking sneakers or tennis shoes.

4 Sessions \$79.00

Instructor: One on One Basketball Inc.

118365	Seneca Valley HS	7/5	M-F	3:30pm-5:30pm
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5 Sessions \$98.00

Instructor: One on One Basketball Inc.

118363	Seneca Valley HS	6/20	M-F	3:30pm-5:30pm
118364	Seneca Valley HS	6/27	M-F	3:30pm-5:30pm
118366	Seneca Valley HS	7/11	M-F	3:30pm-5:30pm
118347	White Oak MS	7/18	M-F	3:30pm-5:30pm
118348	White Oak MS	7/25	M-F	3:30pm-5:30pm
118349	White Oak MS	8/1	M-F	3:30pm-5:30pm
118350	White Oak MS	8/8	M-F	3:30pm-5:30pm

Football Clinic

Ages 7-14: Coaches use a variety of defensive and offensive drills to introduce and expand on the basics of tackle football. Participants concentrate on improving fundamentals including blocking, tackling and offensive skills. Instructor: Bob Windsor
Participants should bring water in an unbreakable container, and wear comfortable clothes appropriate for the weather (cleats are recommended but are not required; mouthpiece is optional).

5 Sessions \$192.00

Instructor: Bob Windsor

118372	Hillandale LP	7/18	M-F	8:30am-3:30pm
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In-Line Skating by American In-Line

These clinics provide beginner through advanced level instruction in a variety of clinics and locations. Participants should bring water and a snack in a labeled cooler.

No indoor space is available. In the event of inclement weather, full day cancellations are announced by 7:30am on 703-803-7100 or 240-777-6889. Players must be picked up when electrical storms or heavy rain during the day cancel the program. Time is made up by adding thirty minutes to each subsequent day.



Skateboard and Advanced In Line Clinic

Ages 8-13: Learn to ollie, kick flip, grind, stall and get air at this skateboard clinic held in a mobile, mini skate park designed for the every day skater. Includes instruction in 2 foot mini half, fun box, grind box, fly box, launch and kicker ramp, rails and more. Required equipment: Skate board or aggressive in-line skates with grind plates and H block, helmet designed for skateboarding, wrist guards, elbow and knee pads.

4 Sessions \$154.00

Instructor: American In-Line Skating

118391	Cabin John RP	7/5	Tu-F	9:00am-12:30pm
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5 Sessions \$192.00

Instructor: American In-Line Skating

118390	Potomac ES	6/20	M-F	9:00am-12:30pm
118392	Brooke Grove ES	8/1	M-F	9:00am-12:30pm

In-Line Roller Hockey Clinics

Ages 6-13: This co-ed clinic, for beginner through advanced players with some in-line skating experience, includes safety instruction and skate maintenance, as well as instruction in skating fundamentals: balance, stopping, skating backward, hockey turns, puck work, stick handling, passing, face-offs, breakouts, line changes, game format, team and positional play, goal tender skills, and non-contact controlled scrimmages. A mini tournament on the last day. A no checking policy is emphasized. Required equipment: in-line skates, helmet with full face protection, gloves designed for roller hockey or lacrosse, knee/shin and elbow pads.

4 Sessions \$154.00

Instructor: American In-Line Skating

118377	Potomac CC	7/5	Tu-F	9:00am-12:30pm
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5 Sessions \$192.00

Instructor: American In-Line Skating

118379	Ridge Road RP	6/27	M-F	9:00am-12:30pm
118378	Potomac CC	7/18	M-F	9:00am-12:30pm



In-Line Skating Clinics

Ages 6-13: Skate, stop, turn and go are the basic roller hockey skills for beginners that will be taught in this in-line skating clinic. Instruction will include techniques such as gearing up, how to avoid falling down, skating forward and backward, and stopping and turning. Participants will also learn about equipment maintenance and safety checks, and they will participate in skating games, tours and more. The following required equipment must be provided by the participant: in-line skates, helmet designed for biking or in-line skating, wrist guards, elbow and knee pads.

4 Sessions **\$154.00**

Instructor: American In-Line Skating

118374 Cabin John RP 7/5 Tu-F 9:00am-12:30pm

5 Sessions **\$192.00**

Instructor: American In-Line Skating

118373 Potomac ES 6/20 M-F 9:00am-12:30pm

118375 Ridge Road RP 6/27 M-F 9:00am-12:30pm

118376 Brooke Grove ES 8/1 M-F 9:00am-12:30pm

Soccer Clinic for Girls

Ages 9-16: MVP Soccer presents a camp designed specifically for the female soccer player. This camp is staffed primarily by female coaches who have played on the local, national and international level. Players get the opportunity to interact with, and learn from, women who are shaping the future of soccer for the American girl. Players also get the chance to view championship medals up close and talk with professional women soccer players. Bring your own ball, shinguards, cleats, water and lunch.

5 Sessions **\$218.00**

Instructor: Spectrum Associates Inc

118838 Luxmanor LP 7/18 M-F 9:00am-3:30pm



MVP Soccer Camps

Ages 6-16: MVP Soccer invites teams and individual boys and girls of varied skill and ability levels to improve techniques and knowledge of the game. The camp is designed and directed by licensed coaches with years of successful coaching and playing experience. A fun learning environment is provided that emphasizes frequency of touches on the ball and groups participants by age and ability. Participants meet professional players and win prizes for individual and group achievements. Participants receive a camp T-shirt and soccer ball. All camps have a half day option (9:00am-12:00pm) for \$165. Bring your own ball, cleats, shin guards, and water. Full day campers bring lunch.

5 Sessions **\$165.00**

Instructor: Spectrum Associates Inc

118450 Luxmanor LP 6/27 M-F 9:00am-12:00pm

118457 Layhill LP 7/11 M-F 9:00am-12:00pm

118458 Hillandale LP 7/25 M-F 9:00am-12:00pm

118453 Luxmanor LP 8/1 M-F 9:00am-12:00pm

5 Sessions **\$218.00**

Instructor: Spectrum Associates Inc

118449 Luxmanor LP 6/27 M-F 9:00am-3:30pm

118454 Layhill LP 7/11 M-F 9:00am-3:30pm

118455 Hillandale LP 7/25 M-F 9:00am-3:30pm

118452 Luxmanor LP 8/1 M-F 9:00am-3:30pm

5 Sessions **\$110.00**

Instructor: Spectrum Associates Inc

118738 MCRD Offices 6/27 M-F 6:00pm-8:00pm

118739 MCRD Offices 7/25 M-F 6:00pm-8:00pm



Softball Camp by Softball U.S.A.

Softball USA summer camps teach proper techniques of hitting, fielding, base running, and windmill or modified pitching mechanics. Innovative equipment is available. Trained and certified staff teach the USA way to play. Each player receives a camp T-shirt and is responsible for bringing a softball glove and lunch.

4 Sessions **\$145.00**

Instructor: Bases Loaded Baseball

118488 South Germantown RP 6/27 M-Th 9:00am-1:00pm

Volleyball Clinics United Innworks

Ages 10-17: All elements of the sport of volleyball will be explored in this fun, but challenging immersion clinic. The emphasis is on building sound fundamentals, mechanics, refinement of advanced skills, and good sportsmanship. All skill areas will be covered and fine-tuned, including individual and team offense, defense, coverage, play-making, communications, and transition. Mental aspects of competition and sportsmanship are also addressed to complement the physical skills learned. The goal is to help each student become a complete player. Knee pads are required but can be purchased at the clinic.

5 Sessions **\$223.00**

Instructor: United Innworks, Yuan-Yuan Hwang

118491 Churchill, Winston HS 6/20 M-F 9:00am-5:00pm

Volleyball Clinics Mid Atlantic

Ages 11-14: Geared to all ability levels, a fun and competitive program for middle school students to learn the skills and strategies of the game from experienced coaches. This clinic enhances individual skills, prepares players for high school competition, and develops a greater enjoyment of this lifetime sport.

5 Sessions **\$99.00**

Instructor: Volleyball Mid Atlantic

118490 Gaithersburg MS 7/11 M-F 9:00am-12:00pm

**Avoid the
rush -get
your FREE
Access Card
today!**

Summer 2005 Classes For All Ages

To register or request brochure, call 301.585.1225
See complete program details at www.roundhousetheatre.org.

Unless otherwise noted, all classes meet M-F 9am-3pm. Locations vary by program. No classes meet on Monday, July 4. Paid Before-Care and After-Care child care services are available at all locations. A "Sharing" is a demonstration of skills. A "Showcase" is a presentation that is prepared. These classes are offered by Round House Theatre, a not-for-profit 501(c)(3) corporation.

Arts Day Program (Grades 1-5)

Elementary school students expand their imaginations in exciting and educational activities including dance, creative dramatics, music and arts and crafts.

Tuition Per Session: \$375 (Session 1, 3 & 4); \$337.50 (Session 2)

Session 1 (June 20-July 1)
Sharing: July 1

Session 2 (July 5-15)
Sharing: July 15

Session 3 (July 18-29)
Sharing: July 29

Session 4 (Aug. 1-12)
Sharing: August 12

Summer Destinations (Grades 1-5)

Students explore a new, exciting destination through creative dramatics and arts and crafts. Create a new world everyday!

Tuition Per Session: \$200 (Sessions 1, 2 & 4-9); \$180 (Session 3)

Session 1 (June 20-June 24)

Session 4 (July 11-15)

Session 7 (Aug. 1-5)

Session 2 (June 27-July 1)

Session 5 (July 18-22)

Session 8 (Aug. 8-12)

Session 3 (July 5-8)

Session 6 (July 25-29)

Session 9 (Aug. 15-19)

Act Your Age (Grades 6-8)

Middle school students work with professional in acting, dance and musical theatre to create a unique showcase review comprised of age-appropriate material selected especially for this group.

Tuition: \$700

Program dates: June 20-July 15

Showcase dates: July 13 & 14 at 7:30pm

Let's Share Shakespeare (Grades 6-8)

Students learn to apply their own imaginations and creativity to the performance of Shakespeare. While rehearsing and performing scenes and monologues from the Bard's plays, participants hone their performance skills in a supportive atmosphere.

Tuition Per Session: \$375 **Session 1** (Program dates: June 20-July 1. Showcase dates: June 29-30 at 7:30pm)

Session 2 (Program dates: July 18-29. Showcase dates: July 27-28 at 7:30pm)

Youth Onstage (Grades 6-8)

Students develop and rehearse an educational and entertaining children's show! This class is a wonderful opportunity to learn by doing.

Tuition: \$337.50 **Session 1** (Program dates: July 5-15. Showcase dates: July 13 & 14 at 7:30pm)

\$375 **Session 2** (Program dates: July 18-29. Showcase dates: July 27 & 28 at 7:30 pm)

\$375 **Session 3** (Program dates: Aug. 1-12. Showcase dates: Aug. 10 & 11 at 7:30pm)

Improv Break (Grades 6-8)

Using fast-paced improv exercises geared specifically for this age group, students learn to build stories, scenes and characters in the blink of an eye!

Tuition Per Session: \$200 **Session 1** (Aug. 1-5) (Sharing Aug. 5) **Session 2** (Aug. 15-19) (Sharing: Aug. 19)

High School Theatre Institute (Grades 9-12)

Students work with leading professional artists (including comic master Mark Jaster) to hone their performance skills and build self-confidence. Register for all four sessions for \$864, a 10% savings!

Tuition: \$200 **AUDITION BOOT CAMP** (Program dates: June 27-July 1. Sharing date: July 1 at 3pm)

Tuition: \$160 **IMPROVISON** (Program dates: July 5-8. Sharing date: July 8 at 3pm)

Tuition: \$200 **PHYSICAL COMEDY** (Program dates: July 11-15. Sharing date: July 15 at 3pm)

Tuition: \$400 **MUSICAL THEATRE** (Program dates: July 18-29. Showcase dates: July 27 & 28 at 7:30pm)

The Actor's Craft I & II (Adults)

Adults work with professional actors/teachers to gain performance skills they can use onstage or in the boardroom.

The Actor's Craft I

Tuition: \$350 **Times:** 7:30 -9:30pm

Session 1 (Mon. & Wed. June 20-July 25)

Session 2 (Tues. & Thurs. July 26-Aug. 25)

The Actor's Craft II

Tuition: \$350 **Times:** 7:30 -9:30pm

Session 1 (Mon. & Wed. June 21-July 21)

Session 2 (Tues. & Thurs. Aug. 1-31)

CLASSES

Arts & Crafts for Youth

Cartooning Workshop

Ages 9-14: Explore the many forms of cartoon drawing, caricatures, humorous cartoons and apply your powers of imagination to a variety of projects. Bring drawing pad, pencils, magic markers, tempera colors, eraser, brushes. Finish two projects of your choice. \$5 material fee due to instructor.

1 Session \$28.00

Instructor: B.J. Asher

125047	Leland CC	7/5	Tu	5:30pm-7:30pm
125046	Wheaton CC	7/9	Sa	3:30pm-5:30pm
125048	Gwendolyn Coffield CC	7/16	Sa	10:30am-12:30pm
125049	Longwood CC	7/23	Sa	10:30am-12:30pm
125050	Wheaton CC	7/30	Sa	10:30am-12:30pm

NEW Studio Art

Ages 14-18: Discover how to use acrylic paints to look like oil. Individual attention for all ability levels. \$8 material fee due instructor. Supply list provided at first class.

5 Sessions \$80.00

Instructor: Margaret Desklin

125467	Wheaton CC	6/27	M-F	10:00am-12:00pm
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Arts & Crafts for Adults

Acrylic Painting Techniques

Ages 15&Up: All ability levels - Learn to use acrylics to resemble the look of oil paintings. \$8 material fee due to instructor. Call 240-777-6870 for instructor's phone number to obtain additional material list. Please bring several pictures of what you would like to paint.

8 Sessions \$128.00

Instructor: Margaret Desklin

125717	Leland CC	6/20	M	7:00pm-9:00pm
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NEW You can do Watercolors!

Ages 17&Up: Beginners, you can do it! This clear, slow-paced instruction focuses on techniques, materials and how to use them. Guidance through individual paintings. Some color mixing instruction and individual composition assistance. Material list provided at first class, but bring on hand supplies with you.

6 Sessions \$84.00

Instructor: Nelda Jansen

125045	Potomac CC	6/21	Tu	7:00pm-9:00pm
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Oil Painting

Ages 12&Up: Beginning/Advanced: Discover techniques in painting with oil, still life, portraiture, landscapes: composition, perspective, color theory, light, shadow and more. \$50 material fee due to instructor or call instructor at 301-765-7639 for material list. Bring paper towels.

6 Sessions \$84.00

Instructor: Yolanda Prinsloo

125721	Potomac CC	6/27	M	7:00pm-9:00pm
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NEW Reflective Reflections: Photography

Ages 16&Up: Highly reflective objects, with metallic, glass or glazed surfaces present special problems with lighting. Learn professional tips. Program geared to what you can do at home. Bring challenging objects. You may bring your own camera, but it is not required. Actual photos taken and critiqued. \$10 material fee due instructor. Bring a bag lunch.

1 Session \$62.00

Instructor: Lew Vendetti

125044	Ross Boddy CC	6/25	Sa	10:00am-3:30pm
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Open Darkroom - Photography

Ages 16&Up: For the experienced B&W darkroom worker who needs a darkroom. Instructor available for technical support. Room equipped with six enlargers and processing area. Material fee includes basic chemistry for film and prints, workers wishing to use special chemistry must bring their own in clearly labeled containers. Film and paper are supplied by workers. Attend any time during the session. Potential applicants with questions call the instructor at 301-774-4319. \$10 material fee due instructor.

6 Sessions \$132.00

Instructor: Lew Vendetti

125043	Ross Boddy CC	6/23	Th	4:00pm-8:00pm
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NEW Ceramics for the Outdoors

Ages 9&Up: Discover inspirations from nature to create ceramic garden ornaments, wind chimes and tiles. Use hand building techniques, oxide washes and glazes. Families welcome but not required. \$15 material fee per person due to instructor.

3 Sessions \$42.00

Instructor: Yolanda Prinsloo

125719	Wheaton CC	7/6	W	7:00pm-9:00pm
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NEW European Pottery

Ages 16&Up: All levels: Introduction to techniques used in slab making, press molding, tile designing, glazing, firing and limited basic wheel centering. Bring scissors, set of brushes, 4 inch bowl, masking tapes, pottery tools. \$35 material fee due instructor.

6 Sessions \$126.00

Instructor: Reuben Renner

126325	Gwendolyn Coffield CC	6/29	W	6:00pm-9:00pm
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Pottery at Leland

Ages 12&Up: All levels: Introduction to techniques used in handbuilding pieces of functional and decorative pottery. Techniques based on African, Mayan pottery, sculpture and introduction to the wheel. \$25 material fee due instructor at first class.

6 Sessions \$84.00

Instructor: Yolanda Prinsloo

125720	Leland CC	6/23	Th	7:00pm-9:00pm
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Handcrafted Pottery-Int/Adv at GCC

Ages 15&Up: Intermediate/Advanced: Combination wheel and hand building. Discover clay's plasticity, try wedging and throwing, build slabs and coils, pinching and modeling. Bring home finished pieces completely glazed and fired. Share wheel time. Bring old towel, dry cleaner plastic wrap, various small textured objects and \$33.00 material fee due to the instructor.

8 Sessions \$132.00

Instructor: Valerie Haber

124943	Germantown CC	6/22	W	6:00pm-8:30pm
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Focus on technique with one of our photography classes.



Pottery-Open Studio

Ages 16&Up: For the experienced potter who needs space to work on projects. Instructor available for technical support, glazes for cone 6 firings, and timely firing of pieces. Room equipped with wheels, slab roller and extruder. Bring clay tools, old towels. Material and firing fees vary based on production. Space is limited. Attend any four hours during your open studio time.

8 Sessions **\$160.00**

Instructor: Pamela Reid

126475	Ross Boddy CC	6/21	Tu	10:00am-2:00pm
126476	Ross Boddy CC	6/21	Tu	5:30pm-9:30pm

**Stained Glass - Lead**

Ages 18&Up: Learn glass cutting, soldering, the use of glass working tools, techniques and terminology as you are guided step by step through several projects of increasing challenge. \$30 materials fee payable to instructor covers consumables, personal equipment, and use of tools. Bring a bag lunch.

2 Sessions **\$88.00**

Instructor: Fran Asbeck

124743	Ross Boddy CC	7/9	Sa	9:30am-4:00pm
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5 Sessions **\$88.00**

Instructor: Fran Asbeck

124742	Ross Boddy CC	6/21	Tu	7:00pm-9:30pm
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Stained Glass - Copper Foil

Ages 18&Up: Build on the basic skills learned in a Lead Stained Glass course (prerequisite) and discover the modern copper foil technique of stained glass crafting. Several projects, tailored to your skill level assigned, or bring ideas of your own. Copper foil enables a higher degree of detail in glass than is practical using lead came, and is authentic to the glass decorative arts of the Victorian period. \$18 material fee due to instructor covers supplies unique to copper foil, glass for the first two projects and use of tools. Bring bag lunch to Saturday class.

2 Sessions **\$88.00**

Instructor: Fran Asbeck

124746	Ross Boddy CC	7/23	Sa	9:30am-4:00pm
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NEW Seasonal Floral Arrangement

Ages 18&Up: Advanced: Create a new look in your home. Design around the holidays and seasons. Helpful if you have taken the beginning and advanced class. Bring your own vase and containers. \$13 each class material fee due instructor.

6 Sessions **\$72.00**

Instructor: Sharon Jeremiah

124952	Leland CC	6/22	W	7:00pm-9:00pm
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NEW Teardrop Bead Bracelet

Ages 13&Up: You will love the look of this bracelet! Covered in almost two hundred teardrop beads, this unusual bracelet is easy to make and no beading experience required. Discover how to cross weave using wire and glass beads and to use crimp beads and attach clasps. \$15 material fee due instructor at first class.

1 Session **\$28.00**

Instructor: Donna Weeks

124946	Damascus CRC	6/23	Th	7:00pm-9:00pm
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124947	Bauer Drive CC	7/6	W	7:00pm-9:00pm
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NEW Mosaic Coffee Table

Ages 15&Up: In this popular class, create your own unique piece of furniture to coordinate with your home. A custom design less than furniture stores! In the first session, select your design, learn to cut glass mosaic pieces, and begin planning your project. Material fee includes wood (2x3 feet), basic glass for mosaic pieces and everything needed to complete your project. You will be required to purchase glass cutting tools for the second week of class and store your own project. Bring a bag lunch. \$100 material fee due instructor at first class.

2 Sessions **\$50.00**

Instructor: Donna Weeks

124948	Damascus CRC	6/25	Sa	10:00am-2:00pm
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NEW Chandelier Earrings

Ages 13&Up: Discover how to work with head pins, beads, wire components and findings to create the latest fashion trend, chandelier earrings. Although very easy to make, it does require nimble fingers. Make them any length from short to shoulder sweepers. \$15 material fee due instructor.



1 Session **\$28.00**

Instructor: Donna Weeks

124944	Damascus CRC	7/7	Th	6:30pm-9:00pm
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124945	Bauer Drive CC	7/13	W	6:30pm-9:00pm
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Beaded Bracelet and Earrings

Ages 13&Up: Learn to use crimp beads and tools as well as choose beads and stringing materials. Design and make a bracelet in the first week and earrings in the second week. Time to make extra pieces in the second week. With just a few basic techniques you will be able to make a variety of earrings from easy to complex. \$12 material fee due instructor.

1 Session **\$28.00**

Instructor: Donna Weeks

124950	Damascus CRC	7/14	Th	6:30pm-9:00pm
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Mosaic Fun

Ages 13&Up: Discover how to use this ancient art form in its updated version. All the glass has been prepared so all you do is glue and grout. Learn how to cut small tiles and glass to make mosaic pieces. Make a 14 inch round table top suitable for indoor or outdoor use. In the first week, begin your design and then finish and grout in the second week. \$15 material fee due instructor at first class.

2 Sessions **\$40.00**

Instructor: Donna Weeks

124949	Longwood CC	7/19	Tu	6:30pm-8:30pm
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Dance for Youth

Kinderdance

Ages 3-5: Introduction to dance and group activity for preschool and kindergarten children emphasizing rhythm, coordination and dance. **Ages 3-6** for classes at Potomac CC.

4 Sessions \$30.00

Instructor: Denise Schattenberg

124747 Upper County CC 6/20 M 4:00pm-4:45pm

124753 Damascus CRC 6/21 Tu 4:00pm-4:45pm

124749 Longwood CC 6/23 Th 4:00pm-4:45pm

6 Sessions \$45.00

Instructor: Grace Oleson

124748 Potomac CC 6/23 Th 4:00pm-4:45pm

Ballet

Ages 5-8: Introduction to the basic movements of ballet and its terminology.

6 Sessions \$45.00

Instructor: Grace Oleson

126893 Potomac CC 6/23 Th 5:00pm-5:45pm

Dance for Adults

For further information, contact the instructor directly. Instructors: Joe Kim 301-774-3126, Paul Mola 301-315-6226, Tony Seleme 202-537-6739, Rebecca McKinney 202-669-7723, Thomas Woll, 703-591-3839.

Swing for Couples

Beginner: Single and triple Swing. For further information, please call Tony Seleme at 202-537-6739.

6 Sessions \$78.00

Instructor: Tony Seleme

125419 Holiday Park SrC 6/22 W 7:00pm-8:00pm

Ballroom for Couples

Beginner: Covers standard ballroom dance favorites.

6 Sessions \$78.00

Instructor: Paul Mola

112887 Leland CC 6/30 Th 7:30pm-8:30pm

Instructor: Tony Seleme

112885 Argyle LP 6/23 Th 7:00pm-8:00pm

112882 Bauer Drive CC 6/27 M 7:00pm-8:00pm

Instructor: Thomas Woll

125185 Upper County CC 6/22 W 6:30pm-7:30pm

112886 Glenmont LP 6/23 Th 7:00pm-8:00pm

Instructor: Thomas Woll, Ann Basso

112886 Glenmont Local Park 6/23 Th 7:00pm-8:00pm

Intermediate: Prerequisite: Beginner ballroom course.

6 Sessions \$78.00

Instructor: Tony Seleme

126575 Bauer Drive CC 6/27 M 8:00pm-9:00pm

Instructor: Thomas Woll, Ann Basso

112891 Glenmont LP 6/23 Th 8:00pm-9:00pm

Instructor: Paul Mola

112892 Bauer Drive CC 6/28 Tu 7:30pm-8:30pm

Advanced:

6 Sessions \$78.00

Instructor: Thomas Woll, Ann Basso

112894 Glenmont LP 6/23 Th 9:00pm-10:00pm



Ballroom Practice & Party

Beginner/low Intermediate: Learn ballroom variations the first hour and then add to your enjoyment with a two-hour practice and party. Two potluck dinners during the course. \$20 per couple parties set-up fee due instructor. (3 hour class).

6 Sessions \$111.00

Instructor: Tony Seleme

112896 Holiday Park SrC 7/1 F 7:00pm-10:00pm

Ballroom Wedding Dances-Couples

Beginner: Learn dance routines for that blissful occasion: Foxtrot, Swing, and Waltz.

6 Sessions \$78.00

Instructor: Thomas Woll

126238 Upper County CC 6/22 W 7:30pm-8:30pm

Folk International

Beginner/Advanced: The first part of class will be devoted to assisting beginners experience the culture, music and folk dances from Bulgaria, Hungary, Armenia, Romania, Greece, Israel and more. The intermediate/advanced level dancers add dances from Macedonia, Turkey, Slovakia, Croatia, Serbia, and other countries. Questions: Call Phyllis Diamond at 301-871-8788 or email diamonddancecircle@comcast.net

7 Sessions \$39.00

Instructor: Phyllis Diamond

112900 Leland CC 6/27 M 7:00pm-9:30pm

Latin Salsa Couples

Beginner: This is a hot dance that is on the rise worldwide.

6 Sessions \$78.00

Instructor: Tony Seleme

125417 Holiday Park SrC 6/22 W 8:00pm-9:00pm

Instructor: Paul Mola

128313 Leland CC 6/30 Th 8:30pm-9:30pm

Latin Survival Dance

Learn to survive on the dance floor for the Latin rhythm dances including Cha Cha, Merengue, Salsa, Rumba. May occasionally change partners.

6 Sessions \$39.00

Instructor: Thomas Woll

125190 Upper County CC 6/22 W 8:30pm-9:30pm

QuickStep

Have fun with this class.

6 Sessions \$78.00

Instructor: Paul Mola

125667 Bauer Drive CC 6/28 Tu 8:30pm-9:30pm



*Access cards
are great!*

Seniors Performing Group Show

Intermediate/Advanced Show: Approval of instructor needed. Questions: Call Frank Robson at 301-572-4975.

5 Sessions **\$22.00**
 Instructor: Frank Robson
 112901 Holiday Park SrC 6/23 Th 2:30pm-3:30pm

**Seniors Performing Group Variety**

Advanced Variety: Approval of instructor needed. Questions: Call Anne Berk at 301-598-8533.

5 Sessions **\$22.00**
 Instructor: Anne Berk
 125221 Holiday Park SrC 6/21 Tu 10:00am-11:00am

Seniors Folk Square Mainstream 2

For those who have completed Mainstream 1. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$21.00**
 Instructor: Betsy Taylor
 125338 Schweinhaut SrC 6/30 Th 10:10pm-11:10pm

6 Sessions **\$31.00**
 Instructor: Betsy Taylor
 112903 Long Branch CC 6/28 Tu 8:00pm-9:30pm

Seniors Folk Square Plus 3

For those who have completed Plus 2. Questions: Call Betsy Taylor at 301-589-4868.

6 Sessions **\$21.00**
 Instructor: Betsy Taylor
 112904 Schweinhaut SrC 6/30 Th 11:10am-12:10pm

6 Sessions **\$31.00**
 Instructor: Betsy Taylor
 125339 Argyle LP 6/29 W 7:30pm-9:00pm

Cooking**Be Your Own Personal Chef!**

Ages 15&Up: Learn the secrets of 'fix ahead food'. Cook with the experts and learn how to prepare 2 weeks of meals at one time. See how to schedule every-other Saturday cooking day, shop, cook, package, label, and store a 2 week supply of really good food for your family. A heavy emphasis will be placed on organization, food safety, and safe food storage. Take home recipes for 2 weeks worth of meals including side dishes. \$12 food fee due to instructor. A full participation class, bring your appetite, as each class eats what they fix!

1 Session **\$63.00**
 Instructor: James Davis
 125255 Ross Boddy CC 7/9 Sa 10:00am-2:00pm

A Tuscan Feast

Ages 15&Up: This is a repeat from the winter class that sold out very quickly. A slow cooked pork tenderloin with apples, focaccia and polenta will fill out this menu. These recipes came from our Tuscan cooking tour this past summer, so bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due to instructor.

1 Session **\$48.00**
 Instructor: James Davis
 125257 Ross Boddy CC 7/12 Tu 7:00pm-9:30pm

Grilling and Smoking II

Ages 15&Up: One of our most popular classes is now expanded to include smoking as well as grilling. Bring an appetite because we eat what we fix. Take home recipes. \$12 food fee due to instructor. Summer menu: sausage, salmon, shrimp, grilled pineapple, and veggies for a grilled pasta salad, using both charcoal and gas grills.

1 Session **\$48.00**
 Instructor: James Davis
 125258 Ross Boddy CC 7/16 Sa 10:00am-1:00pm

Basic Cooking Skills

Ages 15&Up: Learn knife skills, how to read and follow a recipe and how to buy kitchen equipment including pots, pans and knives. Full lunch prepared. \$12 food fee due to instructor.

1 Session **\$48.00**
 Instructor: James Davis
 125324 Ross Boddy CC 7/23 Sa 10:00am-1:00pm

The Dinner Party

Ages 15&Up: In this class we'll decide what can be fixed ahead of time and how to put it all together so you can enjoy your own party. Come prepared with an appetite because we eat what we fix! Summer Menu: Marinated pork tenderloin, smushed redskin potatoes and do-ahead panna cotta for dessert. \$12 food fee due to instructor.

1 Session **\$48.00**
 Instructor: James Davis
 125326 Ross Boddy CC 7/26 Tu 7:00pm-9:30pm

NEW Summer Salads

Ages 15&Up: Summertime brings fresh produce and other products that lets us build wonderful fresh salads, make your own salad dressings. Create fruited chicken salad, spinach and strawberry salad and other tasty combinations. Bring an appetite because we eat what we fix! \$12 food fee due to instructor.

1 Session **\$48.00**
 Instructor: James Davis
 125330 Ross Boddy CC 7/30 Sa 10:00am-1:00pm

NEW Summer Desserts

Ages 15&Up: A whole Saturday morning of desserts: the fresh fruits of summer and the wonderful frozen desserts including ice cream and some special summer drinks along with a couple of extra surprises. Bring an appetite, we eat what we fix. Take home recipes. \$12 food fee due to instructor.

1 Session **\$48.00**
 Instructor: James Davis
 125337 Ross Boddy CC 8/6 Sa 10:00am-1:00pm

Find a mistake?

We try our best to include something for everyone. Since some people like to find errors, we regularly include a few!



Music

Guitar Level I

Ages 9&Up: Beginner: Tune up and start playing your favorite songs without learning how to read music. Learn several songs utilizing strumming, bass strumming and finger picking techniques. \$14 material fee due (125917 only) to the instructor at the first class covers an instructional songbook. Please bring a fully strung guitar (preferably acoustic), electronic tuner (for class 127763, please substitute a tuning fork) and pencil. Questions? Call Brian Gross at 301-320-6999 or Kevin Hayton at 240-430-1017.

8 Sessions **\$108.00**

Instructor: Kevin Hayton
127763 Wheaton CC 6/22 W 7:00pm-8:15pm

Instructor: Brian Gross
125917 Luxmanor ES 6/21 Tu 7:00pm-8:15pm

Guitar Level II

Ages 9&Up: Learn more songs and new chords including barre and power chords, and left hand techniques. \$20 material fee due to instructor covers instructional book, additional packet of songs and handouts. Please bring a fully strung guitar, electronic tuner and pencil. New students with applicable experience/knowledge welcome. Questions: Call Brian Gross at 301-320-6999.

8 Sessions **\$108.00**

Instructor: Brian Gross
125918 Luxmanor ES 6/21 Tu 8:15pm-9:30pm

Fitness, Exercise & Wellness

Advertised class lengths include set-up and take-down time. Actual instruction time may be less. Class sessions cancelled will be made up by adding extra dates, extra time to each session, or attending alternate locations of the same program.

The Ultimate Boxing Workout for Youth

Ages 7-15 Beginners-Advanced Students: Introduction to a boxer's workout designed to teach students eye, hand and foot coordination. Through this unique fitness program students develop discipline, gain confidence and have fun. No physical contact. Instructor is a professional boxer and current kick-boxing champion with 25 years experience.

8 Sessions **\$66.00**

Instructor: Larry Johnson
127063 Fairland CC 6/18 Sa 11:15am-12:30pm

The Ultimate Boxing Workout for Adults

Ages 16&Up: Beginners thru Advanced Students Introduction to a boxers workout and continued skill development. Teaches students offense and self defense techniques allowing students to gain confidence and improve skill level by working at several skill stations. No physical contact.

8 Sessions **\$66.00**

Instructor: Larry Johnson
127061 Fairland CC 6/18 Sa 10:00am-11:15am
127062 Upper County CC 6/21 Tu 5:45pm-7:00pm



Dynamic Ab Workout

Ages 13&Up: Improve cardiovascular fitness, strengthen abdominal region, burn calories through a fun aerobic workout. Learn stretches, crunches and exercise that will focus on Abs. Use of medicine ball and abdominal exercise equipment.

8 Sessions **\$41.00**

Instructor: Larry Johnson
127064 Fairland CC 6/18 Sa 12:30pm-1:15pm

A.C.T. The Workout

Ages 16&Up: A vigorous easy to follow coed class. Choreographed to strengthen and tone all muscle groups and improve cardiovascular fitness. Bring hand and/or ankle weights (optional). Designed to enable self pacing for those who wish to work at low impact steps. Heart rates monitored throughout the hour.

Plan your workout around your schedule and attend any class at any location when you want. Register at any time and take your receipt to any class location below to pick up your session pass from the instructor. The pass is good for the specified number of sessions purchased at any ACT location listed below for 2 months following registration.

Class Locations, Days & Times:

Wheaton Community Center M, W, 6:00-7:00pm;
Wheaton Community Center T,Th, 6:00-7:00pm;
Bauer Dr. Community Center M, W 5:00-6:00pm;
Fairland Community Center M,W 7:00-8:00pm;
East County Community Center T,Th 7:00-8:00pm;
Potomac Community Center T,Th 7:00-8:00pm;
Wheaton Community Center Sat 9:00-10:00am;
Potomac Community

36 Sessions **\$145.00**

Instructor: Company Staff: Castellucci Inc.
124394 ACT TBA 6/1 W,Th,Sa,Su,M,Tu see above

24 Sessions **\$100.00**

Instructor: Company Staff: Castellucci Inc.
124392 ACT TBA 6/1 W,Th,Sa,Su,M,Tu see above

124393 ACT TBA 7/2 Sa,Su,M,Tu,W,Th see above

18 Sessions **\$80.00**

Instructor: Company Staff: Castellucci Inc.
124842 ACT TBA 6/1 W,Th,Sa,Su,M,Tu see above

124843 ACT TBA 7/2 Sa,Su,M,Tu,W,Th see above

12 Sessions **\$60.00**

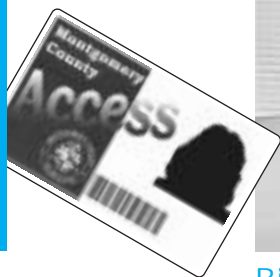
Instructor: Company Staff: Castellucci Inc.

124388 ACT TBA 6/1 W,Th,Sa,Su,M,Tu see above

124389 ACT TBA 7/2 Sa,Su,M,Tu,W,Th see above

All Recreation programs will require you to show an Access Card by September 1. Get your FEE card today at Recreation Community, Aquatic, or Senior centers.



**Bio Aerobics Cardio Fit High/Low**

Ages 16&Up (13-16 if accompanied by a parent/guardian): A complete High/Low Impact fitness program to condition the cardiovascular system and tone and strengthen muscle groups through easy to learn choreographed dances. Participant can choose fitness level. Body sculpting included. Member IDEA & CPR certified instructors.

8 Sessions \$33.00

Instructor: Company Bio Aerobics Inc.
124396 Germantown CC 6/16 Th, M 7:00pm-8:00pm

Bio Cardio Fit Half Hour Workout

Ages 16&Up (13-16 if accompanied by a parent/guardian): Thirty packed minutes of Bio's regular aerobics. Use it alone or as a complement to the Tone & Firm class.

16 Sessions \$33.00

Instructor: Company Bio Aerobics Inc.
126700 Briggs Chaney MS 6/14 Tu, Th 7:30pm-8:00pm

**Bio Aerobics Tone & Firm**

Ages 16&Up (13-16 if accompanied by a parent/guardian): Increase flexibility; improve total body appearance; strengthen and tone abdominal, thighs and buttocks. Perfect for primary mat/floor exercise and to complement your regular aerobics program. Resistance devices optional.

16 Sessions \$66.00

Instructor: Company Bio Aerobics Inc.
126699 Briggs Chaney MS 6/14 Tu, Th 8:00pm-9:00pm

Dancin' Fitness

Ages 16&Up: A full body aerobic workout for anyone who loves to dance. Routines choreographed to a variety of upbeat music: popular oldies, show tunes, country and jazz. Warm-up, stretching, abdominals, upper body toning and cool-down. Instructors are trained and CPR certified. Bring a mat/blanket and/or hand weights optional.

12 Sessions \$49.00

Instructor: Virginia Azuree
125521 Bauer Drive CC 6/21 Tu, Th 4:00pm-5:00pm

Instructor: Alice Donnelly
125520 Potomac CC 6/21 Tu, Th 6:00pm-7:00pm

Instructor: Karen Hutchinson
125519 Leland CC 6/20 M, W 6:10pm-7:10pm

Definitions Strength Training

Ages 16&Up: Gain body strength, flexibility and endurance using free weights. A perfect opportunity to learn proper form for weight bearing exercises. Initial 5 min. body warm-up with 40 min. of strength training, 5 min. abdominal work and 10 min. cool down using stretching and yoga positions. Bring mat/towel and light hand weights. Instructor has BA in Phys. Ed. and is ACE & CPR certified. Perfect for beginners and intermediates.

16 Sessions \$77.00

Instructor: Juliet Rodman
126528 Clara Barton CC 6/21 Tu, Th 8:00am-9:00am

Dynaerobics

Ages 16&Up: Coed fitness A total program, perfect for cross trainers. Energizing warm up, choreographed, safe hi and low impact aerobics, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

8 Sessions \$38.00

Instructor: Company Staff: Dynaerobics
126695 Bauer Drive CC 6/25 Sa 10:00am-11:00am

16 Sessions \$75.00

Instructor: Company Staff: Dynaerobics
126694 Bauer Drive CC 6/21 Tu, Th 6:00pm-7:00pm

Dynaerobics Body Challenge

Ages 16&Up: A full 75 minutes of Coed fitness. Includes Hi and low impact aerobics plus body sculpting, strengthening and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat/towel.

16 Sessions \$93.00

Instructor: Company Staff: Dynaerobics
126696 Bauer Drive CC 6/21 Tu, Th 7:00pm-8:15pm

Dynaerobics Body Sculpting

Ages 16&Up: A serious workout to firm all major muscle groups. Special attention given to the abdominal, hips, thighs and gluteals. Includes strength and toning exercises with resistance bands and a relaxing cool down stretch. Bring a mat. Resistance bands provided and hand weights optional.

8 Sessions \$38.00

Instructor: Company Staff: Dynaerobics
126698 Bauer Drive CC 6/25 Sa 11:00am-12:00pm

14 Sessions \$65.00

Instructor: Company Staff: Dynaerobics
126697 Bauer Drive CC 6/20 M, W 6:00pm-7:00pm

**Fitness Workouts:****Golf/Tennis Conditioning**

Ages 12&Up: A thirty minute workout for the serious and recreational golf and/or tennis player looking to improve their game and reduce common injuries. Includes strength training, agility, hand/eye coordination exercises, abdominal strengthening and stretching. Instructor is a certified personal trainer.

6 Sessions \$50.00

Instructor: Douglas Schwanke
127056 Potomac CC 6/23 Th 6:30pm-7:00pm

**Fitness Workouts: Abs & Stretching**

Ages 12&Up: A half hour class designed to strengthen the abdominal muscles using ball exercises, functional training and pilates. Stretching is included to improve range of motion and prevention of injury.

6 Sessions \$50.00

Instructor: Douglas Schwanke
127057 Potomac CC 6/23 Th 6:00pm-6:30pm

*Do you have
your Access
Card yet?*

NEW Small Group Intro to Weight Training

Ages 16&Up: Small group introductory instruction designed to teach individuals safe & effective exercises that work all major muscle groups using machines, free weights and dumbbells. Assistance in developing a personal program for you to continue on your own. Instructors are Certified Trainers.

4 Sessions \$68.00

Instructor: Fred Mosby
 127045 Germantown CC 7/7 Th 7:00pm-8:00pm
 127059 Damascus CRC 7/28 Th 7:30pm-8:30pm

4 Sessions \$69.00

Instructor: Douglas Schwanke
 127043 Potomac CC 6/30 Th 7:00pm-8:00pm

**Small Group Weight Room Orientation**

Ages 16&Up: Small group introductory instruction designed to teach individuals weight room etiquette, demonstrate safe and effective use of equipment, weights and dumbbell and effective exercises that work all major muscle groups. Instructors are Certified Trainers.

1 Session \$38.00

Instructor: Douglas Schwanke
 127048 Leland CC 6/28 Tu 6:30pm-7:30pm
 127049 Gwendolyn Coffield CC 7/5 Tu 6:30pm-7:30pm
 127050 Fairland CC 7/12 Tu 6:30pm-7:30pm
 Instructor: Fred Mosby
 127051 Germantown CC 6/28 Tu 6:30pm-7:30pm
 127053 Damascus CRC 7/19 Tu 6:30pm-7:30pm

Jazzmatazz Aerobics

Ages 16&Up: A lively, choreographed, low impact/high intensity aerobic workout that emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. Students are strongly urged to register for at least two days a week to achieve the best results.

8 Sessions \$45.00

Instructor: Betsy Saunders
 125531 Fairland CC 6/21 Tu 5:30pm-6:30pm
 125532 Fairland CC 6/23 Th 5:30pm-6:30pm
 125533 Wheaton CC 6/21 Tu 7:15pm-8:15pm
 125534 Wheaton CC 6/23 Th 7:15pm-8:15pm

Jazzmatazz Pilates

Ages 16&Up: A Pilates exercise program rooted in modern/jazz dance. A series of choreographed, but gentle, non-impact exercises designed to develop core abdominal muscles for spinal and lower back stabilization, strengthen the body while lengthening muscles, and increase overall flexibility. These exercises have long been used by dancers to achieve their strong, lean, and supple bodies. For maximum benefits, students are strongly urged to register for both days.

7 Sessions \$39.00

Instructor: Betsy Saunders
 125522 Sligo MS 6/20 M 7:00pm-8:15pm

8 Sessions \$45.00

Instructor: Betsy Saunders
 125523 Sligo MS 6/22 W 7:00pm-8:15pm

Jazzmatazz Aerobics Light

Active Seniors & Beginners Ages 18&Up: A fun filled, choreographed workout that is similar to Jazzmatazz, but is lower to no impact, and still emphasizes muscular strength and flexibility along with cardiovascular strength and endurance. Spri Xertubes (available from the instructor for \$10) are required for strength training. To achieve the best results, students are strongly urged to register for both days.

8 Sessions \$45.00

Instructor: Betsy Saunders
 125524 Wheaton CC 6/21 Tu 9:00am-10:00am
 125525 Wheaton CC 6/23 Th 9:00am-10:00am

Jazzercise

Ages 16&Up: The world's largest dance fitness program choreographed by Judi Sheppard Missett. Includes 6-8 min. warm up, 25-30 min. aerobic activity, floor routines for toning and strengthening, and a stretch/cool down period. Combines no impact, low impact and impact movements.

10 Weeks Unlimited Attendance \$70.00

Instructor: Diane Elmore
 122189 Upper County CC 6/1 W, M 6:30pm-7:30pm
 122191 Damascus CRC 6/1 W, M 6:30pm-7:30pm
 122190 Upper County CC 6/2 Th, F, Tu 9:30am-10:30am

Group Workout with a Personal Trainer

Ages 16&Up: A Non-Aerobic, new and different approach to total fitness. Experience balance, core stabilization, integrated flexibility, plyometrics, weight loss and strength training through an integrated training model designed to systematically progress the student. Instructor is a certified personal trainer.

12 Sessions \$107.00

Instructor: Fred Mosby
 127058 Germantown CC 6/20 M, Th 5:45pm-6:45pm

Susan Taylor Workouts

Ages 16&Up: Classes offer both a Hi/Lo choice. Enjoy real music and lightly choreographed routines. Mat exercise (combination of Pilates and Yoga for general exercise classes) is the method used for stretch and tone in both classes.

14 Sessions \$72.00

Instructor: Susan J. Taylor
 126526 Leland CC 6/21 Tu, Th 6:00pm-7:00pm

Massage Institute I Back Massage

Ages 18&Up: How To Do Back Massage: Learn basic anatomy, massage strokes, contraindications, how the body can benefit from and how to give a great seated massage. Instructor is a certified Massage Practitioner. All massages are done fully clothed. Bring massage oil or body lotion to class.

1 Session \$31.00

Instructor: Douglas Schwanke
 126993 Potomac CC 6/21 Tu 6:30pm-8:00pm

Massage Institute II Foot Massage

Ages 18&Up: How To Do Foot Massage - Basic Reflexology: Learn to give a great foot massage! Learn basic anatomy of the foot, basic massage strokes, contraindications, and how the body can benefit from foot massage. Please bring a mat and massage oil, or body lotion to class.

1 Session \$31.00

Instructor: Douglas Schwanke
 127047 Potomac CC 7/19 Tu 6:30pm-8:00pm

Tip for a Healthier Life:

Try to get at least 5 servings of fresh fruit or vegetables each day.

Massage can relax muscles and ease tension.



Qi Gong: A Different Exercise

Ages 18&Up Beginners: Practiced for thousands of years in China for health and longevity, Qi Gong is the, gaining of life energy through exercise. The five Phoenix form uses Qi (chee), the life force that flows through all living beings, to eliminate blockages and open up energy flow in the meridians. Similar to Tai Chi, but only takes 20 minutes a day. Instruction in Meditative techniques taught along with movements and theory. Wear loose clothing. Booklets given out. Combined class for beginner and continuing practitioners. Martial Arts Master instructor.

8 Sessions **\$87.00**

Instructor: Robert Kramer
125517 Germantown CC 6/21 Tu 7:00pm-8:30pm

Qi Gong: Continuing Students

Ages 18&Up: Combined class for continuing practitioners taught at same time as beginning class above. Martial Arts Master instructor.

8 Sessions **\$60.00**

Instructor: Robert Kramer
125518 Germantown CC 6/21 Tu 7:00pm-8:30pm

**Hatha Yoga**

Ages 16&Up: Beginning & Continuing Students welcome. A physically challenging program. Develop agility, balance, muscle tone, endurance and vitality, reduce fatigue and aid in bringing relaxation to the body and mind. Learn new posture's (Asana) each week. All classes taught in a progressive, modular concept to form a sequence for use in daily home practice. Wear nonrestrictive clothing and bring a blanket/mat and bare feet to class.

7 Sessions **\$80.00**

Instructor: Richard Tyson
126950 Norbeck-Mncstr Mill NP 6/20 M 7:00pm-8:30pm

8 Sessions **\$92.00**

Instructor: Richard Tyson
126951 Upper County CC 6/21 Tu 7:00pm-8:30pm
126952 Norbeck-Mncstr Mill NP 6/23 Th 7:00pm-8:30pm
126954 Bauer Drive CC 6/25 Sa 12:30pm-2:00pm

**Hatha Yoga and Stress Management**

Age 18&Up Continuing Students & Beginners:

Postures and exercises to tone, firm and realign body; relaxation visualization and stress management. Bring blanket or mat to class.

6 Sessions **\$75.00**

Instructor: Suzana Cooper
126693 Leland CC 6/17 F 9:15am-10:45am

Vini Yoga

Ages 16&Up Mixed levels: Relaxation techniques and easy going dynamic movement coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength and flexibility and learn to release tension. Introduction to meditation. Bring a mat/towel and wear comfortable clothing.

7 Sessions **\$67.00**

Instructor: Patricia Miller
126943 Potomac CC 6/23 Th 9:15am-10:30am
126944 Potomac CC 6/23 Th 6:30pm-7:45pm

Vini Yoga Intermediate

Ages 16&Up Intermediate: Previous yoga experience required. Emphasis on sequences, breathing, and meditation. Bring mat and wear comfortable clothing.

6 Sessions **\$57.00**

Instructor: Patricia Miller
126949 Potomac CC 6/20 M 6:30pm-7:45pm

Vini Easy Going Yoga

For Seniors and All Others 16&Up: Relaxation techniques and easy going movements coordinated with simple rhythmic breathing. Increase energy, stamina, muscle strength flexibility; release tension. Introduces meditation. Bring a mat/towel and wear comfortable clothing.

7 Sessions **\$67.00**

Instructor: Patricia Miller
126947 Potomac CC 6/23 Th 10:45am-12:00pm

**Pre Natal Yoga**

Ages 16&Up: Increase your joy and wellbeing as life grows within you. Instruction in breathing and relaxation techniques, stretching and toning of muscles used during labor and delivery, techniques to relieve lower back pain and other common pregnancy discomforts, posture awareness, visualization techniques. A safe and nurturing experience for women in all stages of pregnancy. Wear comfortable clothing and bring a mat, 2 pillows and a blanket to class.

8 Sessions **\$73.00**

Instructor: Natalie Dodson
122311 Potomac CC 6/13 M 7:00pm-8:30pm

Help Build Your Community: Make a Donation

Help build a better community by making a donation to Friends of Recreation (FOR). * Your tax deductible contribution can help support a community center or other Recreation Department facility, or enable a needy child or teen to enjoy a positive recreation experience. Simply make your check out to the Montgomery Parks Foundation, and indicate how you want your gift to be used. To designate your donation, please specify in the memo section of your check as follows: either FOR General Fund or FOR (and the facility you wish to support). Send your check to: Friends of Recreation, 4010 Randolph Road, Silver Spring, MD 20902.

*FOR is affiliated with the non-profit Montgomery Parks Foundation, a public foundation that allows citizens to make donations to the County's Parks and Recreation Programs. To learn more about FOR, call 240-777-4920 or check our webpage at montgomerycountymd.gov/rec

Martial Arts for Youth & Adults

Advertised class lengths include set-up and take-down time. Actual instruction time may be less. Class sessions cancelled will be made up by adding extra dates, extra time to each session, or attending alternate locations of the same program.

Karate/Jujitsu

Ages 6-12 (Students must be 6 at the start of class): Instruction in the physical and psychological aspects of Tang Soo Do style Korean karate and Jujitsu. Lecture, exercise, drills and competition with promotional exams available. Instructors from Tompkins Karate Association. New students accepted prior to the 3rd class of each session. *All locations accept Beginning through Advance students, however, at the following sites where both a 6pm & 7pm option is offered, beginning instruction is only given at the 6pm class. At Upper County CC, Bauer CC, Resnik ES, Fairland CC, Rolling Terr. ES & Dufief ES beginners must attend at 6pm at all other sites beginners may attend the later time. New students only accepted prior to the third class of each session.

7 Sessions \$33.00

Instructor: Company Staff: TKA, Inc.

122000	Longwood CC	6/20	M	7:00pm-8:00pm
122001	Upper County CC	6/20	M	6:00pm-7:00pm
122002	Upper County CC	6/20	M	7:00pm-8:00pm
122003	Wheaton CC	6/20	M	7:00pm-8:00pm
122008	Potomac CC	6/22	W	7:00pm-8:00pm

8 Sessions \$38.00

Instructor: Company Staff: TKA, Inc.

122004	Germantown CC	6/21	Tu	7:00pm-8:00pm
122005	Damascus CRC	6/22	W	7:00pm-8:00pm
122006	Bauer Drive CC	6/22	W	6:00pm-7:00pm
122007	Bauer Drive CC	6/22	W	7:00pm-8:00pm
122009	Resnik, Judith A. ES	6/22	W	6:00pm-7:00pm
122010	Resnik, Judith A. ES	6/22	W	7:00pm-8:00pm
122011	Clara Barton CC	6/22	W	7:00pm-8:00pm
122012	Stedwick ES	6/22	W	7:00pm-8:00pm
122013	Fairland CC	6/23	Th	6:00pm-7:00pm
122014	Fairland CC	6/23	Th	7:00pm-8:00pm
122015	Dufief ES	6/23	Th	6:00pm-7:00pm
122016	Dufief ES	6/23	Th	7:00pm-8:00pm
122017	Poole, John MS	6/23	Th	7:00pm-8:00pm
122018	Rolling Terrace ES	6/23	Th	6:00pm-7:00pm
122019	Rolling Terrace ES	6/23	Th	7:00pm-8:00pm
122020	Bethesda ES	6/23	Th	7:00pm-8:00pm

Karate/Jujitsu Adults

Ages 13&Up: All locations accept beginning through advance students. New students accepted prior to the 3rd class of each session.

7 Sessions \$43.00

Instructor: Company Staff: TKA, Inc.

121988	Upper County CC	6/20	M	8:00pm-9:30pm
121989	Wheaton CC	6/20	M	8:00pm-9:30pm
121994	Potomac CC	6/22	W	8:00pm-9:30pm

8 Sessions \$49.00

Instructor: Company Staff: TKA, Inc.

121990	Germantown CC	6/21	Tu	8:00pm-9:30pm
121991	Damascus CRC	6/22	W	8:00pm-9:30pm
121992	Bauer Drive CC	6/22	W	8:00pm-9:30pm
121993	Clara Barton CC	6/22	W	8:00pm-9:30pm
121995	Stedwick ES	6/22	W	8:00pm-9:30pm
121996	Bethesda ES	6/23	Th	8:00pm-9:30pm



You'll get a "kick" out of karate class.

121997	Fairland CC	6/23	Th	8:00pm-9:30pm
121998	Dufief ES	6/23	Th	8:00pm-9:30pm
121999	Rolling Terrace ES	6/23	Th	8:00pm-9:30pm

Karate/Jujitsu Club

Ages 13&Up: Brown and black belt TKA students. Practice with each other and develop skills under supervision of select instructors. No formal instruction during Club sessions. Must be registered in a regular TKA class during the same season.

8 Sessions \$24.00

Instructor: Company Staff: TKA, Inc.

126793	Bauer Drive CC	6/24	F	7:00pm-9:00pm
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Kendo - Beginner

Ages 13&Up: Modern sword training is done using bamboo swords as opposed to bladed swords. Protection for chest, head and hands are worn. Kendo benefits both mind and body through quick thought, quick reflexes, determination, self control and positive physical expression. The goal is not necessarily to defeat the opponent but to gain inner strength and mental confidence. Explore the ancient samurai, their philosophy and values. Material fee of \$30 due to instructor for shinai purchase. See Shodo, an excellent complement to training.

8 Sessions \$56.00

Instructor: Shiro Shintaku

126955	Luxmanor ES	6/23	Th	7:15pm-8:15pm
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Kendo - Intermediate - Advanced

Ages 13&Up: Pre-requisite, beginners class with Shiro Shintaku.

8 Sessions \$56.00

Instructor: Shiro Shintaku

126956	Luxmanor ES	6/23	Th	8:30pm-9:30pm
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Shodo

Ages 13&Up Beginner/Intermediate: Japanese Brush Writing, the mental and physical expression of thoughts, feelings and interpretations through the written word, is part of the training of the true Samurai. Helps to develop good concentration, natural hand motion and mental calmness with this introduction to the Japanese language. \$25 material fee due to instructor. An excellent compliment to Kendo.

8 Sessions \$56.00

Instructor: Shiro Shintaku

126957	Luxmanor ES	6/23	Th	6:00pm-7:00pm
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Access card equals access to fun!

Instructional Sports

Gymnastics Tumbling Format

Ages 3-6 Beginner: Enjoy learning beginning tumbling skills while gaining self esteem. Animal walks, forward rolls, backward rolls and bridges are taught. Movements will enhance balance, large muscle control, and muscular strength. For purposes of ensuring concentration and focus by preschoolers, parents are requested to wait outside the room during class time. For further information the instructor may be reached at 301-977-7301.

4 Sessions \$52.00

Instructor: Denise Schattenberg
128013 Upper County CC 6/20 M 4:45pm-5:30pm

4 Sessions \$54.00

Instructor: Denise Schattenberg
128015 Damascus CRC 6/28 Tu 4:45pm-5:30pm



You'll "love" our tennis classes!

Tennis I

Ages 8-15; Beg/Adv Beg \$10 materials fee due to the instructor at the first class. For further information please call Ben Woods at 301-649-1887.

5 Sessions \$99.00

Instructor: Benjamin Woods
112908 Leland NP 6/13 M 4:00pm-5:00pm
112906 Sligo MS 6/14 Tu 4:00pm-5:00pm
112907 Olney Manor RP 6/17 F 4:00pm-5:00pm

Tennis II

Ages 16&Up Beg/Adv Beg. For further information, please call the instructor, Ben Woods at 301-649-1887.

5 Sessions \$110.00

Instructor: Benjamin Woods
112910 Leland NP 6/13 M 6:00pm-7:00pm
112911 Sligo S 6/14 Tu 6:00pm-7:00pm
112909 Olney Manor RP 6/17 F 6:00pm-7:00pm

Badminton

Ages 9 & Up: Emphasis on learning individual skills, body movement, concepts, tactics, strategies, history, rules, court etiquette and athletic psychology. Competitive techniques of both singles and doubles play.

Beginner/Advanced Beginner: \$10 material fee payable to the instructor the first class.

8 Sessions \$58.00

Instructor: Gary Chao
127863 Bauer Drive CC 6/21 Tu 6:00pm-7:00pm

Intermediate/Advanced: \$20 material fee due to the instructor the first class.

8 Sessions \$102.00

Instructor: Gary Chao
127864 Bauer Drive CC 6/18 Sa 10:30am-1:00pm



Golf 101 Waters Landing

Gain an overview of the game and enjoy a highly personalized teaching style that allows for a relaxed, enjoyable, learning atmosphere. All aspects of the game are taught with proven fundamentals and principles in a simple and understandable way. All classes include the use of balls and loaner clubs. For further information the instructor, William Butkiewicz may be reached on 240-372-1693

5 Sessions \$116.00

Instructor: William Butkiewicz
126634 Waters Lndg Golf Park 6/29 W 7:00pm-8:00pm

Golf: Adult Beginners at Northwest GC

Ages 18&Up: Instruction on grip, stance, swing and short game. Student will receive positive critique of their swing and game strategy guidance. \$25 range ball fee paid to instructor first class.

5 Sessions \$116.00

Instructor: Kent Keith
125233 Northwest Golf Course 6/22 W 7:00pm-8:00pm

Volleyball Clinics

Ages 13&Up: Experience these fun and challenging clinics! Several options are offered which are sure to fit into everyone's hectic summer schedules. Designed to keep you in your game, keep you in shape and develop advanced skills, whether you play at beginning, advanced, or intermediate level.

Beginner/Advanced Beginner:

Instructor: Volleyball Mid Atlantic
127768 Potomac CC 6/20 Tu 8:00pm-10:00pm

Intermediate:

Instructor: Volleyball Mid Atlantic
128613 Gwendolyn Coffield CC 6/21 Tu 6:30pm-9:30pm

Intermediate/Advanced:

Instructor: Volleyball Mid Atlantic
128614 Upper County CC 6/21 Tu, Th 8:00pm-9:30pm

Tiny Tots

Art Adventures

Ages 2-5: All that glitters is...Art Adventures! Join us for creativity, fun, motor skill development, language, and socialization in an adventure with colors, textures, paints, and glitter too! \$10 material fee due to instructor. Adult participation required. Is your child ready for more than forty-five minutes of fun? Check out the Me Too class!

4 Sessions				\$29.00
Instructor:	Sharon Lande			
125767	Potomac CC	7/5	Tu	9:30am-10:15am
125768	Potomac CC	7/5	Tu	1:00pm-1:45pm
125769	Potomac CC	7/5	Tu	10:15am-11:00am
125770	Potomac CC	7/6	W	10:00am-10:45am
125771	Potomac CC	7/6	W	11:00am-11:45am
125772	Leland CC	7/7	Th	9:30am-10:15am
125773	Leland CC	7/7	Th	10:15am-11:00am
125774	Leland CC	7/7	Th	1:00pm-1:45pm

Tiny Hand Crafts Summer Fun

Ages 2-7: Come join us for a big 'handful' of fantastic activities and crafts. Each class we'll visit exciting and familiar places such as a pond and our backyard, explore transportation methods, make memory albums of our families and more! A cool opportunity to experience new textures, explore, play and socialize. Create 3-4 incredible crafts per day. \$22 material fee due to the instructor. Parent participation required.

4 Sessions				\$38.00
Instructor:	Tiny Hands			
125832	Damascus CRC	7/5	Tu	10:30am-11:30am
125831	Quince Orchard Vly NP	7/6	W	12:30pm-1:30pm
125834	Stoneybrook LP	7/7	Th	10:00am-11:00am
125835	Stoneybrook LP	7/7	Th	11:15am-12:15pm



Busy Bees

Ages 2½-5: Bee there and enjoy a wonderful, fun filled hour of creative movement, songs and crafts. Buzz in with a sibling, friend or fly solo and make joyful noises and monstrous messes in this honey of a social hour. Adult participation required. \$10 material fee due to instructor.

5 Sessions				\$48.00
Instructor:	Catherine Bodine			
125778	Leland CC	6/20	M	9:15am-10:15am
125779	Leland CC	6/20	M	10:30am-11:30am

Discovering Music For Infants

Ages 6 months-1 year: A fun, creative, and enjoyable way to expose infants to music. Studies confirm that early exposure can enhance coordination and gross motor skills, inner beat for music, balance and reinforce cognitive learning. Infants, adults and instructors interact in positive and supportive ways. Enjoy singing with percussion instruments, rhymes, rhythmic massage and dancing. Adult participation required. \$20 material fee due to instructor.

5 Sessions				\$44.00
Instructor:	Music for Life			
128466	Wheaton Reg Lib	6/20	M	10:15am-11:00am
125797	Clara Barton CC	6/21	Tu	9:15am-10:00am
125798	East County CC	6/23	Th	9:15am-10:00am
125799	Upper County CC	6/29	W	9:15am-10:00am

Discovering Music for Toddlers

Ages 1-3: A fun, creative, and enjoyable way to develop coordination and gross motor skills, an inner beat for music, balance and reinforce cognitive learning. Activities include singing, rhyming, moving to different rhythms, playing simple percussion and melodic instruments. Siblings 0-8 months may participate at no charge and are not required to be registered. After 8 months, siblings must register and pay class fee. On line registration not available for 0-8 months, call 240-777-6870. Adult participation required. \$20 material fee due to instructor.



*Jingle! Dance! Laugh!
Your little one will love
our music classes.*

5 Sessions				\$44.00
Instructor:	Music for Life			
128464	Wheaton Reg Lib	6/20	M	11:15am-12:00pm
125800	Clara Barton CC	6/21	Tu	10:15am-11:00am
125801	Clara Barton CC	6/21	Tu	11:15am-12:00pm
125804	East County CC	6/23	Th	10:15am-11:00am
125802	Upper County CC	6/29	W	10:15am-11:00am
125803	Upper County CC	6/29	W	11:15am-12:00pm

Me Too

Ages 2-4: Combines exercise, dance, games, songs, and parachute fun to develop motor skills, educational concepts, and self esteem. Adult participation required. \$6 material fee due to instructor. Is your child ready for more than forty-five minutes of fun? Check out the Art Adventures class!

4 Sessions				\$29.00
Instructor:	Sharon Lande			
125829	Potomac CC	7/5	Tu	11:00am-11:45am
125830	Leland CC	7/7	Th	11:00am-11:45am



Funfit® One

Ages 1-2: A fun-filled adult/child high-energy activity class that includes songs, stories, parachutes, games, balls, music and more. Develops motor skills, coordination, socialization, cooperation and reinforces cognitive development. A great workout for both you and your child. Adult participation required. Child must be walking. \$10 activity fee due to instructor.

6 Sessions **\$49.00**

Instructor: Funfit®

125810	Glenmont LP	6/20	M	9:30am-10:15am
125811	Glenmont LP	6/20	M	10:15am-11:00am
125821	Potomac CC	6/20	M	4:00pm-4:45pm
125814	Gwendolyn Coffield CC	6/21	Tu	9:30am-10:15am
125815	Gwendolyn Coffield CC	6/21	Tu	10:15am-11:00am
127765	Stoneybrook LP	6/21	Tu	9:30am-10:15am
127766	Stoneybrook LP	6/21	Tu	10:15am-11:00am
125820	Fairland CC	6/21	Tu	10:00am-10:45am
125813	Quince Orchard Vly NP	6/21	Tu	4:00pm-4:45pm
125816	Potomac CC	6/22	W	9:30am-10:15am
125817	Potomac CC	6/22	W	10:15am-11:00am
125812	Damascus CRC	6/22	W	9:30am-10:15am
127773	Glenmont LP	6/23	Th	9:30am-10:15am
125819	Quince Orchard Vly NP	6/24	F	9:30am-10:15am
125818	Germantown CC	6/30	Th	4:00pm-4:45pm

Funfit® Two

Ages 2-3: \$10 activity fee due to instructor.

6 Sessions **\$49.00**

Instructor: Funfit®

125822	Glenmont LP	6/20	M	11:00am-11:45am
125828	Potomac CC	6/20	M	4:45pm-5:30pm
125823	Fairland CC	6/21	Tu	10:45am-11:30am
125824	Gwendolyn Coffield CC	6/21	Tu	11:00am-11:45am
125825	Potomac CC	6/22	W	11:00am-11:45am
125826	Damascus CRC	6/22	W	11:00am-11:45am
127774	Glenmont LP	6/23	Th	10:15am-11:00am
125827	Quince Orchard Vly NP	6/24	F	10:15am-11:00am

Family Funfit®

Ages 18 months-4 years: A fun filled, high energy activity class that includes games, songs, stories, music, parachute, balls and more! A great workout for the whole family! Adult participation required. Children must be walking. \$10 activity fee per child, \$20 family maximum, due to the instructor. Class price is per child. RecWeb users: Scroll down to view our second session of classes beginning in November!

6 Sessions **\$49.00**

Instructor: Funfit®

127767	Stoneybrook LP	6/21	Tu	11:00am-11:45am
125808	Fairland CC	6/21	Tu	11:30am-12:15pm
125806	Quince Orchard Vly NP	6/21	Tu	4:45pm-5:30pm
125805	Damascus CRC	6/22	W	10:15am-11:00am
127775	Glenmont LP	6/23	Th	11:00am-11:45am
125809	Germantown CC	6/23	Th	4:45pm-5:30pm
125807	Quince Orchard Vly NP	6/24	F	11:00am-11:45am

**Wee Wanna Be Summer Siblings**

Ages 2-5: Which sports players do your kids pretend to be? This innovative sports program builds self-esteem and confidence! Boys and girls will be introduced to, soccer, football, kick ball, agility training, t-ball, and other sports through supervised, non-competitive play sessions. Each child can participate at his/her own pace. Adult participation required.

Note: Classes will be held outdoors. Classes may be cancelled due to inclement weather. Parents and children, please dress appropriately and bring water/juice. \$10 material fee due instructor at the first class. For inclement weather cancellations and other information please call 301-983-2690. Classes will not meet July 4. Make up class is scheduled for Friday, July 8. For more information go to ctikids.com.

6 Sessions**\$52.00**

Instructor: Coach Doug CTI, Inc.

125849	Germantown CC	6/20	M, W	9:00am-9:45am
125850	Germantown CC	6/20	M, W	9:45am-10:30am
125846	Potomac CC	6/21	Tu, Th	9:45am-10:30am
125845	Potomac CC	6/21	Tu, Th	9:00am-9:45am

**Coach Doug's Summer Sports School**

Ages 4-7: Join us for this innovative program based on the principals of the highly successful Wee Wanna Be classes which treat each child as a winner thus building self-esteem and enhancing cooperation. Classes will focus on specific sports for a longer period of time to allow children an opportunity to comfortably develop their interest and abilities. Teamwork is emphasized and each child will receive a t shirt. Sports include: soccer, lacrosse and more! \$10 material fee due to instructor.

6 Sessions**\$72.00**

Instructor: Coach Doug, Inc.

125792	Germantown CC	6/20	M, W	5:00pm-5:45pm
125794	Germantown CC	6/20	M, W	5:45pm-6:30pm
125793	Potomac CC	6/21	Tu, Th	5:00pm-5:45pm
125795	Potomac CC	6/21	Tu, Th	5:45pm-6:30pm

Just moved to Montgomery County?

We have programs, classes, clinics and activities for all ages.
Browse through the Guide... see what we have to offer!

Want to learn more? Please call our
Customer Service desk at 240 777-6840.

Xciting Xtras



Dog Obedience

When deemed necessary by instructor, dogs may be assigned to a class better suited to their level of performance or owner may be asked to remove dogs from program. All pet vaccinations must be current. Prong collars are not permitted. Questions: Call Wortley Ganoë at

301-946-5645 or Beverly Luecke at 301-301-831-6044. \$5 material fee due at Ms. Luecke's classes only.

Puppy Kindergarten

Ages: Trainers 12&Up/Puppies 2-5 months: Prevent problems before they start. The puppy will explore and be trained to adjust to new sights, sounds, people, and dogs. Instruction in housebreaking, lead breaking and general discipline of puppy.

6 Sessions \$43.00

Instructor: Wortley Ganoë
125367 MCRD Offices 6/25 Sa 9:30am-10:30am

Basic Dog Obedience

Ages: Trainer 12&Up/Dogs 5 months & Up:

6 Sessions \$43.00

Instructor: Beverly Luecke
125371 Damascus CC 6/29 W 6:30pm-7:30pm
Instructor: Wortley Ganoë
125370 MCRD Offices 6/25 Sa 10:30am-11:30am

Intermediate Dog Obedience

Ages Dog 6 months & up. Trainers 12 & up:
Prerequisite (a basic course). The goal is to have dogs heeling by voice or hand signals.

6 Sessions \$43.00

Instructor: Beverly Luecke
126632 Damascus CC 6/29 W 7:30pm-8:30pm
Instructor: Wortley Ganoë
125373 MCRD Offices 6/25 Sa 11:30am-12:30pm

Sailing

Ages 18&Up: This marks our 39th year of offering the safest, highest quality adult sailing instruction in the Washington area. US Sailing Certified Instructors are expert sailors who are highly skilled, and are committed to helping students gain enthusiasm and confidence. US Sailing completion booklets are given for successful completion of each course (this completion book may be mailed in to US Sailing for membership and log books for a fee.) A hands-on sailing school with a majority of time is spent sailing. Fee covers boat rental, use of equipment and life jacket. All classes held at the Washington Sailing Marina, located on the George Washington Parkway, 1 mile south of the Reagan National Airport and north of Olde Town, Alexandria. Food, showers and changing facilities are available. Dress appropriate for the forecasted weather and rubber-soled shoes. We meet rain or shine. Recommend hat, sunblock, light jacket sunglasses, and drinking water. Contact for more information learntosail@erols.com.

Sailing Weekend

Adult Basic/Advanced Basic: On board 19' Flying Scot. Good for beginners or as a refresher. 4 Students per boat plus instructor. Boat handling, points of sail, sail trim, terminology, tacking, basic knots and safety.

2 Sessions \$190.00

Instructor: Vashaw Enterprises Inc.
126701 Wash Sailing Marina 6/25 Sa, Su 9:30am-3:30pm
126702 Wash Sailing Marina 7/9 Sa, Su 9:30am-3:30pm
126703 Wash Sailing Marina 7/16 Sa, Su 9:30am-3:30pm
126704 Wash Sailing Marina 7/23 Sa, Su 9:30am-3:30pm
126705 Wash Sailing Marina 7/30 Sa, Su 9:30am-3:30pm
126706 Wash Sailing Marina 8/6 Sa, Su 9:30am-3:30pm
126707 Wash Sailing Marina 8/13 Sa, Su 9:30am-3:30pm

Sailing Weeknights

Adult Basic/Advanced Basic: On board 19' Flying Scot. Good for beginners or as a refresher. The same course as the Basic Weekend course, just spread out over 5 weeknights.

5 Sessions \$180.00

Instructor: Vashaw Enterprises Inc.
126746 Wash Sailing Marina 5/23 M-F 6:00pm-8:30pm
126747 Wash Sailing Marina 6/20 M-F 6:00pm-8:30pm
126748 Wash Sailing Marina 7/11 M-F 6:00pm-8:30pm



Learn to sail and enjoy our natural resources.

Basic Sunfish Weekend

Adult Beginner: Great for those who like to start at the very beginning. On board the classic 14' Sunfish, a fun, solo sail boat. Really learn the basics. Includes boarding a small craft, rigging it, steering it and sailing it, as well as, points of sail and basic terminology. Just enough to feel confident for a peaceful sail by yourself. Be prepared to Get Wet and Have Fun!

2 Sessions \$150.00

Instructor: Vashaw Enterprises Inc.
126752 Wash Sailing Marina 6/25 Sa, Su 9:30am-3:30pm
126753 Wash Sailing Marina 7/9 Sa, Su 9:30am-3:30pm
126754 Wash Sailing Marina 7/16 Sa, Su 9:30am-3:30pm

Basic Keelboat Weekend

Adult Intermediate/Advanced: On board a 25' Catalina. This class is for the experienced day sailor who is ready for something a little bit bigger. Course covers basic keelboat daysailing and cruising, including preparation to sail, crew operations and skills, sailing theory, leaving dock and mooring, boat control in confined waters, navigation rules-inland, heavy weather sailing, overboard recovery methods, safety and emergency procedures. Limited to four students per one instructor.

2 Sessions \$220.00

Instructor: Vashaw Enterprises Inc.
126749 Wash Sailing Marina 6/11 Sa, Su 9:30am-3:30pm
126750 Wash Sailing Marina 7/9 Sa, Su 9:30am-3:30pm
126751 Wash Sailing Marina 8/6 Sa, Su 9:30am-3:30pm



We Rent for Your Event

Celebrate that special occasion in one of our Community Recreation Centers

Rent our facilities and join your friends and family for:

- Birthday Parties
- After Prom Dances
- Wedding Receptions
- Anniversaries
- Bar/Bat Mitzvahs
- Retirement Parties
- Cultural Celebrations
- Meetings



Transform a room into a fantasy land with lights and props or an elegant reception area with fresh flowers and garland. You are limited only by imagination and creativity.

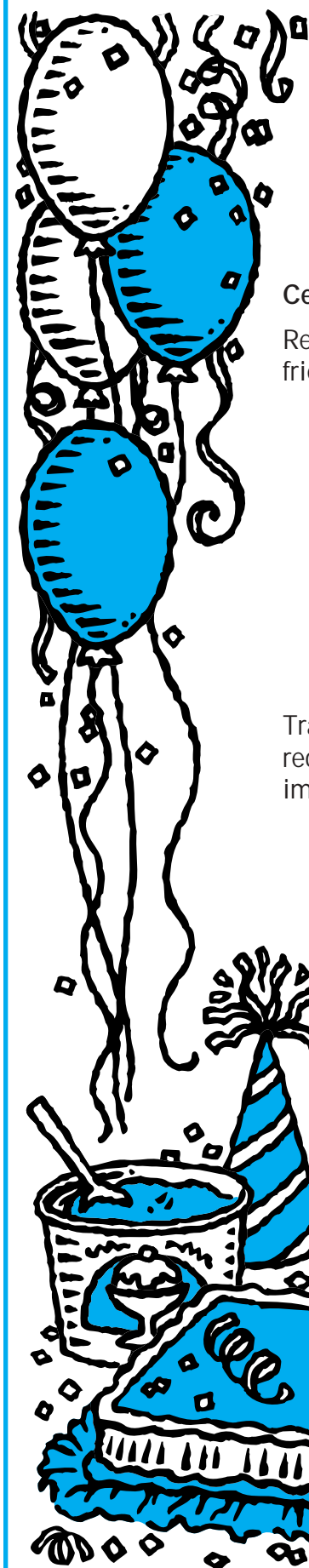


Rent these Special Spaces for Special Events...

- Gymnasiums
- Social Halls
- Art Rooms
- Conference Rooms
- Lounges

To rent a space: Contact one of our Community Centers listed on page 59.

Check out a center from home: Virtual Tours of our centers are available online at www.montgomerycountymd.gov/rec under *Locations*





MONTGOMERY COUNTY

*Charles W. Gilchrist***Center for Cultural Diversity**

Providing Information and Referral Services on county programs and services, Adult Learning opportunities in Computer Applications, English for Speakers of Other Languages (ESOL), Small Business Seminars, and other Outreach and Community Activities.

Unless otherwise noted, all programs are held at the Gilchrist Center for Cultural Diversity located at 11319 Elkin Street; Wheaton, MD 20902.

Arthur Lewis Go Club

Learn to play GO, Asia's ancient strategy board game of territory and capture. GO is known as Weiqi in China, and Baduk in Korea. Sets, clocks, and books are available on-site. Tuesday evenings from 6:00pm-8:30pm

Caribbean Dance Class Series

Come and participate in FREE Caribbean Dance classes! Learn about the history, dance, songs, and culture of the Caribbean, by attending one or more of the following sessions (Saturdays from 1:00 pm to 3:00 pm):

April 2, 9, 16, & 23: Traditional Folk & Contemporary Caribbean Dance

April 30, May 7, 14, & 21: Traditional Indian/Caribbean Fusion

June 4, 11, 18, & 25: Traditional Folk Songs & Movement

July 2, 9, 23, & 30: Haitian Folk Dance

Each session is made up of 4 classes. You must register for all 4 classes, to participate in a session.

**Housing Seminar
(Purchasing a Home)**

The Charles W. Gilchrist Center for Cultural Diversity, in partnership with the Housing Opportunities Commission of Montgomery County, will be hosting housing seminars geared towards the first time homebuyer.

Thursday, May 19, 6:00-8:00pm
(Wheaton site)

Thursday, June 16, 6:00-8:00pm
(Up County site-
12900 Middlebrook Road,
Germantown, MD 20874)

Reduced Rate Mortgage Program for First-time Homebuyers; Montgomery County's Moderately Priced Housing Program, including Moderately Priced Dwelling Units (MPDU's); Homebuyer's Education Program including financing information; Questions from the public are welcome.

Immigration Assistance Clinic

Free legal advice and referrals from experienced immigration attorneys. Assistance in preparing immigration forms for filing.

Instruction on how to find case status on-line, in English and in Spanish All legal consultations are free and absolutely confidential. No Appeals, Deportation or Detention Issues.

The Clinic will be held on the first and third Wednesday of every month from 6:00 to 8:00pm. No appointment is necessary. Clients will be seen on a first-come, first-served, walk-in basis. Please bring all pertinent immigration documents with you so that the lawyers may better assist you.

**Small Business Development Assistance Seminars**

In partnership with the Enterprise Development Group, Montgomery County Department of Economic Development, Maryland Small Business Development Center and Small Business Administration.

Business Development Resources

Tuesday, May 10, 6:00-8:00pm Learn about available resources in Montgomery County, and the greater Washington Metropolitan area, to help you in your small business' development or growth.

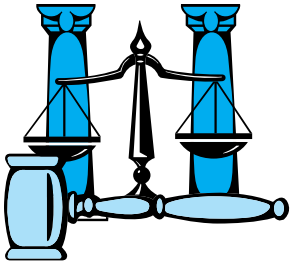
Lenders, Loans and Financing your Small Business

Tuesday, June 14th, 6:00-8:00pm Learn about available resources to help finance your small business. Hear about loan and financing availability from area lenders and learn about the application process. Seminars are free of charge and open to the general public.

To register, or for more information, please call 240-777-4940.

2005 Legal Aid Clinic Series

The Legal Aid Bureau, Inc., in partnership with the Charles W. Gilchrist Center for Cultural Diversity, will host:



Housing Law Clinic

Thursday, May 18, 7:00-9:00pm

(Up County Site-
12900 Middlebrook Road,
Germantown, MD 20874)

Thursday, May 26th, 7:00-9:00 pm
(Wheaton Site)

Come and learn about your rights as a tenant! Are you facing eviction? Termination of your Section 8 Voucher? Unable to get your landlord to make repairs? Problem with your security deposit? Come and find out if you are eligible for free legal services.

Clínica de Ayuda Legal en el Centro Gilchrist sobre la Ley de Vivienda. ¡Venga para aprender como proteger sus derechos como inquilino! ¿Estás en proceso de Expulsión-Desalojo del apartamento? ¿Terminación del Voucher de Sección 8? ¿El dueño del apartamento no hace mantenimiento o reparaciones? ¿No quieren regresar su depósito de garantía? Venga y aplique para servicios legales.

Bankruptcy Information Seminar (formerly Consumer Law)

Thursday, June 30, 7:00-9:00 pm

Come and learn about how to protect yourself from consumer scams! Learn about: Predatory Lending; Preventing Foreclosure on your Home; Identity Theft; How to Protect your Credit; Car Repossession.

Come and find out if you are eligible for free legal services.

¡Venga para aprender como protegerse de Fraudes o Engaños contra consumidores! Aprenda sobre: Malos Préstamos; Como evitar la pérdida de la casa; Robo de Identidad; Cómo proteger su crédito; Reposición del Carro. Venga a la Clínica de la Ley de Consumidores y aplique para servicios legales gratis.



Montgomery County
RECREATION
DEPARTMENT



The public service mission of the Montgomery County Department of Recreation is to emphasize **Team Work, Objectivity, Growth, Imagination, Value, and Excellence** in everything we do in providing diverse recreation and leisure services for all of our communities. The acronym **TO GIVE** represents our commitment to achieving this mission.

Recreation Department Advisory Board

Montgomery County residents who are interested in working to promote the development of recreational programming as well as park facilities are encouraged to apply for appointments to an Area Advisory Board position or the County-wide Advisory Board.

Interested citizens should submit a letter and brief resume to County Executive Douglas M. Duncan, Executive Office Building, 101 Monroe Street, Rockville, Maryland 20850.

Montgomery County Government is committed to complying with the Americans with Disabilities Act (ADA). If you need auxiliary aids or services (such as a mainstreaming companion, ASL or cued speech interpreter, or large print) in order to participate, please call a mainstream facilitator (301-468-4540) to discuss your needs.

A Penny for your Thoughts...



Your opinion is important to us. We are genuinely interested in your experiences and appreciate your participation in our programs. Please take a few minutes to complete our customer survey.

This survey is available at montgomerycountymd.gov/content/rec/survey.asp.

Your comments will help us to improve our services.

SCHOOLS AND CLINICS

**Art Destinations School**

Ages 9-14: Your destination for creative fun. Take a magical journey where children of all levels work on the same project or project of choice. New themes, techniques and materials are woven into each session's journey. Join us for the morning, afternoon, all day or all summer. Art show for family and friends at the end of each session. Bring a bag lunch or snack and smock. Morning Session: Your destination is the world of crafts; you may paint a flower pot, build with clay, weave with beads. Create with other materials at your own pace at a variety of craft centers. \$40 material fee due instructor for each session. Afternoon Session: Your afternoon destination is the world of fine arts; you may explore watercolors, pen and ink, drawing as well as crafts; paper making, papermache, embossing and more. \$40 material fee due instructor for each session. No mid-day bus or extended camp at mid-day. Call 240-777-6870 or see our website under Summer Programs for extended camp and bus information. **Class does not meet July 4.**

9 Sessions \$158.00

Instructor: Abigail Dion

117239	Wood MS	7/5	M-F	9:00am-12:15pm
117242	Wood MS	7/5-	M-F	12:15pm-3:30pm
117245	Cabin John MS	7/5	M-F	9:00am-12:15pm
117249	Cabin John MS	7/5	M-F	12:15pm-3:30pm

10 Sessions \$175.00

Instructor: Abigail Dion

117238	Wood MS	6/20	M-F	9:00am-12:15pm
117241	Wood MS	6/20	M-F	12:15pm-3:30pm
117244	Cabin John MS	6/20	M-F	9:00am-12:15pm
117248	Cabin John MS	6/20	M-F	12:15pm-3:30pm
117240	Wood MS	7/18	M-F	9:00am-12:15pm
117243	Wood MS	7/18	M-F	12:15pm-3:30pm
117250	Damascus CRC	7/18	M-F	9:00am-12:15pm
117251	Damascus CRC	7/18	M-F	12:15pm-3:30pm

Baton, Cheerleading and Poms

Ages 7-11: Highlights spirit of teamwork and friendly competition. Choreographed routines to contemporary music enhance poise and develop confidence. Beginner through advanced levels practice basic twirls, marching routines, and dance twirls. Teachers registered with the National Baton Twirling Association. \$31.50 material fee is payable to instructor on first day to cover T-shirt, swimming and poms. Batons may be either borrowed or purchased from the instructor. Daily swimming at the Upper County Pool.

5 Sessions \$130.00

Instructor: Julianna Duda

112363	Upper County CC	8/8	M-F	9:00am-3:00pm
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Club Holiday Endless Summer

An exciting opportunity to enjoy age appropriate sports, games, arts & crafts and more, in this super-charged environment. The Club will feature organized activities as well as time for participants to engage in activities based on their own interests. Sports include soccer, basketball, hockey and others. In addition, there will be games and non-competitive activities designed for everyone's enjoyment. Special events and surprises will heighten the fun. A great way to wind down at the end of summer, making it an endless summer for all! Bring a bag lunch. Price includes all materials. Note: Little Skippers ages 3-5 will rotate through age appropriate activities and may only register for the half-day session! For more information go to ctikids.com.

5 Sessions \$98.00

Instructor: Coach Doug CTI, Inc.

118195	Germantown CC	8/8	M-F	9:30am-12:30pm
118198	Bauer Drive CC	8/15	M-F	9:30am-12:30pm
118199	Potomac CC	8/22	M-F	9:30am-12:30pm

5 Sessions \$158.00

Instructor: Coach Doug CTI, Inc.

118196	Germantown CC	8/8	M-F	9:30am-3:30pm
118197	Bauer Drive CC	8/15	M-F	9:30am-3:30pm
118200	Potomac CC	8/22	M-F	9:30am-3:30pm

Club Holiday Extended Day

Ages 3-12: Children registered for Endless Summer are eligible to register for an extended day program for an additional fee. The extended program provides supervised informal recreation activities for participants before and after Endless Summer. Half day participants are eligible for AM sessions only.

AM session \$26.00**PM session \$31.00**

Instructor: Coach Doug CTI, Inc.

118203	Bauer Drive CC	8/15	M-F	7:30am-9:30am
118204	Bauer Drive CC	8/15	M-F	3:30pm-6:00pm
118201	Germantown CC	8/8	M-F	7:30am-9:30am
118202	Germantown CC	8/8	M-F2	3:30pm-6:00pm
118205	Potomac CC	8/22	M-F	7:30am-9:30am
118206	Potomac CC	8/22	M-F	3:30pm-6:00pm

Fencing School

Ages 7-16: Introduction to fencing. This two week program will emphasize agility, coordination, and basic foil techniques. Material fee of \$25 payable to the instructor at the first class. Equipment provided: foil, mask, and jacket.

9 Sessions \$135.00

Instructor: Gitty Mohebban

112365	ML King SwC	7/5	Tu-F	3:30pm-5:30pm
112370	Matsunaga ES	7/5	Tu-F	10:00am-12:00pm

10 Sessions \$150.00

Instructor: Gitty Mohebban

112364	ML King SwC	6/20	M-F	3:30pm-5:30pm
112369	Matsunaga ES	6/20	M-F	10:00am-12:00pm
112366	ML King SwC	7/18	M-F	3:30pm-5:30pm
112371	Matsunaga ES	7/18	M-F	10:00am-12:00pm
112367	ML King SwC	8/1	M-F	3:30pm-5:30pm
112372	Matsunaga ES	8/1	M-F	10:00am-12:00pm

Touche! Make your point in fencing class.



Funfit® Summer Fun

Ages 3-4: Let Funfit entertain your child while you take in some summertime fun! Drop off the little one for exciting activities including: parachutes, balls, movement, sing-alongs, crafts, and a special carnival day. Bring a snack. \$25 material fee due to instructor. No transportation provided. Children must be toilet trained and must be the correct age by the start of the program.

5 Sessions \$115.00

Instructor: Funfit®

118188 Quince Orchard Vly NP 6/20 M,W 9:30am-11:30am

118207 Capital View-Hmwd LP 6/20 M,W 9:30am-11:30am

6 Sessions \$138.00

Instructor: Funfit®

118189 Capital View-Hmwd LP 6/21 Tu,Th 9:30am-11:30am

118888 Quince Orchard Vly NP 6/21 Tu,Th 9:30am-11:30am

118190 Quince Orchard Vly NP 7/11 M,W 9:30am-11:30am

118208 Capital View-Hmwd LP 7/11 M,W 9:30am-11:30am

118191 Quince Orchard Vly NP 7/12 Tu,Th 9:30am-11:30am

118209 Capital View-Hmwd LP 7/12 Tu,Th 9:30am-11:30am

Instructor: Funfit® **\$161.00**

119939 Leland CC 7/5 Tu,Th 1:00pm-3:00pm

Instructor: Funfit® **\$184.00**

119938 Leland CC 6/20 M,W 1:00pm-3:00pm

119940 Leland CC 7/18 M,W 1:00pm-3:00pm

**Golf School-Northwest Golf Course**

Links Golf School - Prerequisite: Score less than 100 in an 18 hole round and prior golf school experience. Skills instruction with emphasis on perfecting proper grip, stance, swing and special strokes. Students will play two nine hole rounds under direct supervision. On rain days, instructional films will cover more advanced skills. Tee off time for course play (first and second Thursdays) at 7:30am. Instructor is a PGA professional who has played in the Masters, several U.S. Opens and Nationals and has 40 years teaching experience! Students should provide their own clubs (a limited number of rental clubs available at the course). Driving range and greens fee of \$65 payable to golf course at first class.

8 Sessions \$230.00

Instructor: Kent Keith

112880 Northwest Golf Course 6/21 Tu-F 8:30am-10:30am

Golf School-White Oak Golf School

This 2 hour program includes instruction on grip, stance, posture, full swing, rules and etiquette. Perfect your graded shots. Longest hole is 110 yards and great for the beginning golfer. Golf clubs recommended are a 3 wood, 5 or 7 iron, putter and wedge. Driving range and greens fees of \$65 payable to the golf course at the first class.

8 Sessions \$230.00

Instructor: Charles Bassler

112881 Northwest Golf Course 7/12 Tu-F 9:00am-11:00am

Mini Music Makers

Ages 3-5: Discover and explore musical aspects and concepts in this enjoyable mini school using percussion and melodic instruments. An exciting curriculum utilizing traditional and composed songs, rhythm, motor coordination, steady beat, singing, ear training, movement and exposure to folk dances. \$20 material fee due to the instructor. No transportation provided. Children must be toilet trained and 3 by the start of the program. Call 301-951-3626 for more information.

5 Sessions \$91.00

Instructor: Music for Life

118192 Gwendolyn Coffield CC 6/20 M,W 9:30am-11:30am

6 Sessions \$108.00

Instructor: Music for Life

118194 Spencerville LP 6/21 Tu,Th 9:30am-11:30am

118193 Gwendolyn Coffield CC 7/11 M,W 9:30am-11:30am

118218 Spencerville LP 7/12 Tu,Th 9:30am-11:30am

Sailing School - Sunfish Sailing

Ages 10-16: Experience the fun of learning to sail or perfecting skills at the safest and highest quality youth sailing school in the Washington area. Now in it's 39th year! Imagine sailing out of the Washington Sailing Marina and enjoying hot summer days on the Potomac. Knowledgeable instructors provide instruction and guidance in all levels of sailing and in a variety of boats for graduated learning. A US Sailing completion Card is given to participants who successfully finish each course.

The fee covers the boat rental, use of equipment and life jackets. An optional sailing text is available for \$15 from the instructor. Participants are to bring a lunch in a cooler or they may purchase food at the marina. Schools meet rain or shine as there is an indoor site for use during inclement weather.

Bus transportation is available by Vashaw from Bethesda YMCA on Old Georgetown Rd. for \$50 per week. Do Not mail transportation check with your registration. Bus arrangements are handled separately and details are included on the registration receipt.

4 Sessions \$165.00

Instructor: Vashaw Enterprises Inc.

112351 Wash Sailing Marina 7/5 Tu-F 9:30am-4:00pm

5 Sessions \$205.00

Instructor: Vashaw Enterprises Inc.

118691 Wash Sailing Marina 6/20 M-F 9:30am-4:00pm

112352 Wash Sailing Marina 7/11 M-F 9:30am-4:00pm

112353 Wash Sailing Marina 7/18 M-F 9:30am-4:00pm

112354 Wash Sailing Marina 7/25 M-F 9:30am-4:00pm

112355 Wash Sailing Marina 8/1 M-F 9:30am-4:00pm

112356 Wash Sailing Marina 8/8 M-F 9:30am-4:00pm

118588 Wash Sailing Marina 8/15 M-F 9:30am-4:00pm

Tip for a Healthier Life:

Use at least SPF 15 sunscreen whenever you are out in the sun.

Sailing School - Flying Scot Sailing

Ages 10-16: Intermediate sailors that have a Sunfish Sailing completion card may graduate to a 19-foot Flying Scot for instruction in boat handling, points of sail, sail trim that includes mainsail and jib, basic river navigation and terminology. (4-5 students/boat plus instructor).

4 Sessions \$205.00

Instructor: Vashaw Enterprises Inc.

112327 Wash Sailing Marina 7/5 Tu-F 9:30am-4:00pm

5 Sessions \$255.00

Instructor: Vashaw Enterprises Inc.

118688 Wash Sailing Marina 6/20 M-F 9:30am-4:00pm

112326 Wash Sailing Marina 6/27 M-F 9:30am-4:00pm

112328 Wash Sailing Marina 7/11 M-F 9:30am-4:00pm

112329 Wash Sailing Marina 7/18 M-F 9:30am-4:00pm

112330 Wash Sailing Marina 7/25 M-F 9:30am-4:00pm

112331 Wash Sailing Marina 8/1 M-F 9:30am-4:00pm

112332 Wash Sailing Marina 8/8 M-F 9:30am-4:00pm

118589 Wash Sailing Marina 8/15 M-F 9:30am-4:00pm

Sailing School - Hobie Cats

Ages 12-18 (must weigh at least 90 lbs): Advanced sailors that have a Flying Scot School completion card are introduced to a 16-foot Hobie Cat. Includes boat handling with hull flying, refined points of sail and sail trim including mainsail and jib, turning the rig, racing techniques as applied to Hobies and extra features such as adjustable jib traveler cars and dual trapeze. It is highly recommended that Flying Scot and Hobie Cat schools are done in the same summer unless the student has sailed throughout the fall and spring. Also, racing techniques as applied to Hobies.

4 Sessions \$205.00

Instructor: Vashaw Enterprises Inc.

112335 Wash Sailing Marina 7/5 Tu-F 9:30am-4:00pm

5 Sessions \$255.00

Instructor: Vashaw Enterprises Inc.

112334 Wash Sailing Marina 6/27 M-F 9:30am-4:00pm

118638 Wash Sailing Marina 7/18 M-F 9:30am-4:00pm

112339 Wash Sailing Marina 8/8 M-F 9:30am-4:00pm

Elite Athlete Training Speed School

Ages 13-21: Professional strength and conditioning coaches design group training programs specifically aimed to improve each athlete's change of direction, first step explosion, and general fitness level. Workouts include a supervised warm-up and pre/post stretch to enhance flexibility. The speed school is ideal for any athlete looking to get that 'edge'; especially those that will be playing a competitive sport (football, soccer or basketball).

10 Sessions \$100.00

Instructor: Alan Stein Elite Athlete Training Systems

112425 Northwest HS 8/1 M-F 6:00pm-7:00pm

112426 Johnson, Walter HS 8/1 M-F 6:00pm-7:00pm

12 Sessions \$120.00

Instructor: Alan Stein Elite Athlete Training Systems

112422 Johnson, Walter HS 6/20 M,W 6:00pm-7:00pm

112421 Northwest HS 6/21 Tu,Th 6:00pm-7:00pm

112423 Damascus CRC 6/21 Tu,Th 9:00am-10:00am

Pact One Track, Speed & Strength School

Ages 8-18: Program will focus on increasing sprint speed and power. Emphasis will be placed on the start, acceleration, transition, maximum velocity and maintenance phases of running. Proper form, technique and body positions in sprinting will be addressed and taught.

5 Sessions \$141.00

Instructor: Pact One, LLC

118388 Philbin's Athletic TrC 6/20 M-F 6:00pm-7:30pm

118389 Philbin's Athletic TrC 6/27 M-F 6:00pm-7:30pm

**Tennis & Golf School-Germantown**

Ages 5-15: Love to Par, Inc. offers an exciting tennis school featuring the major component of tennis skills and drills, followed by a 1 hour golf lesson on-site and recreational swimming (no formal instruction). Learn the basic tennis strokes, the components of the golf swing. Classes meet rain or shine. This session includes instruction for beginner-advanced level players in forehand, backhand, volley and serve with round robin competition; and golf instruction in grip, stance and posture, rules and etiquette and full swing. Please bring your tennis racquet, labeled lunch in a cooler, snack, swim suit, towel, sunblock, hat and water bottle. Swim and materials fee is \$45, payable to Love to Par, Inc. on the first day of class. Call instructor at 301-379-6171 if you have questions. Extended Camp: DM, GT, NV, SG Bus Code: DM1, NV2, SG2. **Will not meet on Monday, July 4.**

9 Sessions \$315.00

Instructor: Lois Ger Love to Par, Inc

112278 Germantown CC 7/5 M-F 9:00am-3:30pm

10 Sessions \$350.00

Instructor: Lois Ger Love to Par, Inc

112277 Germantown CC 6/20 M-F 9:00am-3:30pm

112279 Germantown CC 7/18 M-F 9:00am-3:30pm

112280 Germantown CC 8/1 M-F 9:00am-3:30pm

112281 Germantown CC 8/15 M-F 9:00am-3:30pm

Tennis & Golf School-Olney

Ages 5-15: Love to Par, Inc. offers an exciting tennis school featuring tennis skills and drills, 1 hour golf and recreational swimming (no formal instruction). Learn basic tennis strokes, components of the golf swing. Classes meet rain or shine. This session includes instruction for beginner-advanced level players in forehand, backhand, volley and serve with round robin competition; and golf instruction in grip, stance and posture, rules and etiquette and full swing. Please bring your tennis racquet, labeled lunch in a cooler, snack, swim suit, towel, sunblock, hat and water bottle. Swim and materials fee is \$45, payable to Love to Par, Inc. on the first day of class. Call instructor at 301-379-6171 if you have questions. **Will not meet on Monday, July 4.**

9 Sessions \$315.00

Instructor: Lois Ger Love to Par, Inc

112622 Olney Manor RP 7/5 M-F 9:00am-3:30pm

10 Sessions \$350.00

Instructor: Lois Ger Love to Par, Inc

112621 Olney Manor RP 6/20 M-F 9:00am-3:30pm

112623 Olney Manor RP 7/18 M-F 9:00am-3:30pm

112624 Olney Manor RP 8/1 M-F 9:00am-3:30pm

112625 Olney Manor RP 8/15 M-F 9:00am-3:30pm

Our sports schools combine fun with teaching to enhance your child's skills.

Tennis & Golf School-Silver Spring

Ages 5-15: Love to Par, Inc. offers an exciting tennis school featuring tennis skills and drills, 1 hour golf and recreational swimming (no formal instruction). Learn the basic tennis strokes, the components of the golf swing, and enjoy recreational swim time. Classes meet rain or shine. This session includes instruction for beginner-advanced level players in forehand, backhand, volley and serve with round robin competition; and golf instruction in grip, stance and posture, rules and etiquette and full swing. Please bring your tennis racquet, labeled lunch in a cooler, snack, swim suit, towel, sunblock, hat and water bottle. Swim and materials fee is \$45, payable to Love to Par, Inc. on the first day of class. The instructor may be reached at 301-379-6171 if you have further questions. **Will not meet on Monday, July 4.**

9 Sessions \$315.00

Instructor: Lois Ger Love to Par, Inc.
112652 Martin Luther King RP 7/5 M-F 9:00am-3:30pm

10 Sessions \$350.00

Instructor: Lois Ger Love to Par, Inc.
112651 Martin Luther King RP 6/20 M-F 9:00am-3:30pm
112653 Martin Luther King RP 7/18 M-F 9:00am-3:30pm
112654 Martin Luther King RP 8/1 M-F 9:00am-3:30pm
112655 Martin Luther King RP 8/15 M-F 9:00am-3:30pm

**Half Day Tennis & Golf School-Germantown**

Ages 5-15: This half day program consists of tennis skills and drills for beginner through advanced level players in forehand, backhand, volley and serve and a one hour golf instruction component addressing grip, stance and posture, rules and etiquette and full swing. Please bring your tennis racquet, labeled lunch in a cooler, snack, sunblock, hat and water bottle. Materials fee is \$10, payable to Love to Par, Inc. on the first day of class. The instructor may be reached at 301-379-6171 if you have further questions. Extended Camp: DM, GT, NV, SG (morning only) Bus Code: DM1, NV2, SG2 (morning only) **Will not meet on Monday, July 4.**

9 Sessions \$146.00

Instructor: Lois Ger Love to Par, Inc.
115881 Germantown CC 7/5 M-F 9:00am-12:00pm

10 Sessions \$162.00

Instructor: Lois Ger Love to Par, Inc.
115880 Germantown CC 6/20 M-F 9:00am-12:00pm
115882 Germantown CC 7/18 M-F 9:00am-12:00pm
115883 Germantown CC 8/1 M-F 9:00am-12:00pm
115884 Germantown CC 8/15 M-F 9:00am-12:00pm

Half Day Tennis & Golf School-Olney

Ages 5-15: This half day program consists of tennis skills and drills for beginner through advanced level players in forehand, backhand, volley and serve and a one hour golf instruction component addressing grip, stance and posture, rules and etiquette and full swing. Please bring your tennis racquet, labeled lunch in a cooler, snack, sunblock, hat and water bottle. Materials fee is \$20, payable to Love to Par, Inc. on the first day of class. The instructor may be reached at 301-379-6171 if you have further questions.

9 Sessions \$146.00

Instructor: Lois Ger Love to Par, Inc.
115886 Olney Manor RP 7/5 M-F 9:00am-12:00pm

10 Sessions \$162.00

Instructor: Lois Ger Love to Par, Inc.
115885 Olney Manor RP 6/20 M-F 9:00am-12:00pm
115887 Olney Manor RP 7/18 M-F 9:00am-12:00pm
115888 Olney Manor RP 8/1 M-F 9:00am-12:00pm
115889 Olney Manor RP 8/15 M-F 9:00am-12:00pm

Tennis & Ice Skating School-Cabin John

Ages 5-15: Beginner-Intermediate. Includes instruction for beginner-advanced level players in forehand, backhand, volley and serve with round robin competition. The program features a balance of instruction and motivational practice in the sport of tennis, followed by a recreational (no formal instruction) ice skating component, M-Th. Fridays are spent practicing the tennis skills learned. Please bring water in an unbreakable container, a bag lunch, a snack, hat and sun block. No refrigeration is available. Classes meet rain or shine. Materials Fee, payable to Love to Par, Inc., is \$70 which includes ball fee, skates and entrance fee. Staff will assist new skaters to go around the rink.

9 Sessions \$315.00

Instructor: Lois Ger Love to Par, Inc.
112272 Cabin John RP 7/5 M-F 9:00am-3:30pm

10 Sessions \$350.00

Instructor: Lois Ger Love to Par, Inc.
112271 Cabin John RP 6/20 M-F 9:00am-3:30pm
112273 Cabin John RP 7/18 M-F 9:00am-3:30pm
112274 Cabin John RP 8/1 M-F 9:00am-3:30pm
112275 Cabin John RP 8/15 M-F 9:00am-3:30pm

Tennis School - Quince Orchard HS

Ages 9-16: Beginner and Advanced Beginner: Improve your game with the basics, as well as, serving, placement and controlled hitting. Beginner/Intermediate: Get your game going and move onto the next level. Build on previous training in ground and service strokes. Students should be knowledgeable in position and scoring and be able to volley and lob. Makeups for rain outs by extending ½ to 1 hour.

10 Sessions \$135.00

Instructor: Benjamin Woods
112373 Quince Orchard HS 7/11 M-F 9:30am-12:00pm
112374 Quince Orchard HS 7/11 M-F 12:30pm-3:00pm
112375 Quince Orchard HS 7/25 M-F 9:30am-12:00pm
112376 Quince Orchard HS 7/25 M-F 12:30pm-3:00pm

Karate Clinics

Ages 6-12: This clinic provides diversified and intensive Tang Soo Do style Korean karate and jujitsu instruction for all ability levels. It includes basic motion, kata, one-step sparring, falling, take downs, throwing, exam preparation, and more. Students are grouped by belt level and age where appropriate. An optional exam will be offered for an additional \$25, payable to TKA.

4 Sessions \$45.00

Instructor: Company Staff: TKA, Inc.
118238 Weller Road ES 6/20 M-Th 9:00am-11:30am
118239 Weller Road ES 6/27 M-Th 9:00am-11:30am

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or Senior
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Internet Registration

You're only a few clicks away!

You need access to the internet and your Customer Number and Account PIN (Personal Identification Number).

Forgot your account information? Call us at 240-777-6840

If you don't have an account, it's easy to set one up. Go to montgomerycountymd.gov and select the 'Culture & Leisure' tab. Click on 'RecWeb Registration.' Click on the 'Create Account' link and complete the new account form. An account will be created and we will send you an email with your account information needed to logon to RecWeb.

All registrations and all debts owed on your account must be paid for in full at the time of registration.



240-777-8277

Fast and Convenient

Just fill out and sign the form below, and return this page to our office as soon as possible. You can fax it to us at 240-777-6857. We will set up your family as STARline participants and mail you a packet that includes easy to follow complete instructions for registering via STARline.

FAMILY MEMBER INFORMATION FORM: Please list all family members.

Last Name	First Name	Birthdate	Grade	Sex M/F
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () _____ Work Phone: () _____

When you register for classes using STARline, payment in full must be made by Visa or Mastercard. Access to your account will be via a Personal Identification Number (PIN). This PIN will serve as your electronic signature. Your signature below is an agreement to authorize Montgomery County Department of Recreation to process your payment.

Cardholder/Parent Signature _____

Date _____

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

For more information about RecWeb or STARline, call us at 240-777-6840.
We'll be happy to answer any questions you may have.

Facility Locations

ELEMENTARY SCHOOLS (ES)

Bethesda Elementary School-5011
Moorland LN, Bethesda
DuFief Elementary School-15001
DuFief DR, Gaithersburg
Luxmanor Elementary School-6201
Tilden LN, Rockville
Matsunaga Elementary School-13902
Broomfield RD, Germantown
Resnik, Judith A. Elementary School-
7301 Hadley Farms DR,
Gaithersburg
Rolling Terrace Elementary School-705
Bayfield ST, Takoma Park
Stedwick Elementary School-10631
Stedwick RD, Gaithersburg
Weller Road Elementary School-3301
Weller RD, Silver Spring

SECONDARY SCHOOLS (MS or HS)

Briggs Chaney Middle School-1901
Rainbow DR, Silver Spring
Cabin John Middle School-10701
Gainsborough RD, Potomac
Johnson, Walter High School-6400
Rock Spring DR, Bethesda
Northwest High School-13501 Richter
Farm RD, Germantown
Paint Branch High School-14121 Old
Columbia PIKE, Burtonsville
Poole, John Middle School-17014 Tom
Fox AVE, Poolesville
Quince Orchard High School-15800
Quince Orchard RD, Gaithersburg
Sligo Middle School-1401 Dennis AVE,
Silver Spring
Wood Middle School-14615 Bauer DR,
Rockville

PARK SITES

(LP=local park, PC=park center,
NP=neighborhood park)

Argyle Local Park-1030 Forest Glen RD,
Silver Spring
Cabin John Regional Park-7400
Tuckerman LN, Rockville
Capital View-Homewood Local Park-
2929 Edgewood RD, Kensington
Glenmont Local Park-3201 Randolph
RD, Wheaton
Leland Neighborhood Park-4300 Elm
ST, Chevy Chase
Martin Luther King Rec Park-1100
Jackson RD, White Oak
Norbeck-Muncaster Mill Neighborhood
Park-4101 Muncaster Mill RD,
Norbeck
Olney Manor Recreational Park-16601
Georgia AVE, Olney
Quince Orchard Valley Neighborhood
Park-12015 Suffolk TER,
Gaithersburg
Spencerville Local Park-15701 Good
Hope RD, Spencerville
Stoneybrook Local Park-4105 Havard
ST, Wheaton

POOLS/SWIM CENTERS (P, AqC, SwC)

Bethesda Pool-Little Falls PKY, Bethesda
Germantown Outdoor Pool-18905
Kings View DR, Germantown
Long Branch Pool-8700 Piney Branch
RD, Silver Spring
Martin Luther King Swim Center-1206
Jackson RD, Silver Spring
Montgomery Aquatic Center-5900
Executive BLVD, N. Bethesda
Olney Swim Center-16601 Georgia
AVE, Olney
Upper County Pool-8211 Emory Grove
RD, Gaithersburg
Western County Pool-20151 Fisher
AVE, Poolesville
Wheaton/Glenmont Pool-12621
Dalewood DR, Wheaton

Also see page 8.

COMMUNITY CENTERS (CC)

Bauer Drive CC-14625 Bauer DR,
Rockville
Clara Barton CC-7425 MacArthur
BLVD, Cabin John
Damascus CRC-25520 Oak DR,
Damascus
East County CC-3310 Gateshead Manor
WAY, Silver Spring
Fairland CC-14906 Old Columbia PKY,
Burtonsville
Germantown CC-18905 Kingsview DR,
Germantown
Gwendolyn Coffield CC-2450
Lyttonsville RD, Silver Spring
Leland CC-4301 Willow LN, Chevy Chase
Long Branch CC-8700 Piney Branch
RD, Silver Spring
Longwood CC-19300 Georgia AVE,
Brookeville
Potomac CC-11315 Falls RD, Potomac
Ross Boddy CC-18529 Brooke RD,
Sandy Spring
Upper County CC-8201 Emory Grove
RD, Gaithersburg
Wheaton CC-11711 Georgia AVE, Wheaton
Also see page 59.

SENIOR CENTERS (SrC)

Holiday Park SrC-3950 Ferrara DR,
Wheaton
Schweinhaut SrC-1000 Forest Glen RD,
Silver Spring
Also see page 5.

OTHER FACILITIES

Executive Office Building-101 Monroe
ST, Rockville
MCRD Offices-4010 Randolph RD,
Silver Spring
Northwest Golf Course-15701 Layhill
RD, Wheaton
Philbin's Athletic Training Center-9168
Gaither RD, Gaithersburg
Washington Sailing Marina-George
Washington PKY, Alexandria
Waters Landing Golf Park-20701
Crystal Rock DR, Germantown



Avoid the rush...
stop by and get
a card today!

Recreation Service Regions

The Department of Recreation has five regional service areas, which follow the Government Service Center Regions. Information and registration for all recreation programs is available at all Regional Service Centers (RSC).

Bethesda-Chevy Chase 240-777-6900
Bethesda, Chevy Chase, Potomac
11315 Falls Road, Potomac

East County 240-777-4980
Briggs Chaney, Burtonsville, Fairland, NE Silver Spring
14906 Old Columbia Pike, Burtonsville

Mid-County 240-777-4930
Aspen Hill, Olney, Sandy Spring, Wheaton, Brookeville
4010 Randolph Road, Silver Spring

Silver Spring 240-777-4910
Silver Spring, Takoma Park
2450 Lyttonsville Road, Silver Spring

Upcounty 240-777-6940
Upper Montgomery County, Montgomery Village, Damascus, Darnestown, Redland, Poolesville, Dufief/Travilah
12900 Middlebrook Road, Germantown



The playground at the Upper County Community Center is loads of fun.

Community Recreation Centers

Community Recreation Centers (CRC) are located throughout Montgomery County. A variety of activities and programs are offered for participants of all ages.

Each center is unique and may have some or all of the following: gymnasium, social hall with dance floor and kitchen, game and billiards room or area, weight and exercise room, arts and craft room, and meeting room.

Rooms of various sizes at the CRCs are also available for rentals. Call for specific hours and availability.

Clara Barton Community Center	301-229-0010
7425 MacArthur Boulevard, Cabin John	
Bauer Drive Community Center	301-468-4015
14625 Bauer Drive, Rockville	
Ross J. Boddy Community Center	301-570-1204
18529 Brooke Road, Sandy Spring	
Gwendolyn E. Coffield Community Center	240-777-4900
2450 Lyttonsville Road, Silver Spring	
Damascus Community Center	240-777-6930
25520 Oak Drive, Damascus	
East County Community Center	301-572-7004
3310 Gateshead Manor Way, Silver Spring	
Fairland Community Recreation Center	240-777-4970
14906 Old Columbia Pike, Burtonsville	
Germantown Community Center	301-601-1680
18905 Kingsview Road, Germantown	
Charles W. Gilchrist Center for Cultural Diversity	240-777-4940
11319 Elkin Street, Wheaton	
Good Hope Community Center	301-989-1210
14715 Good Hope Road, Silver Spring	
Leland Community Center	301-652-2249
4301 Willow Lane, Chevy Chase	
Long Branch Community Center	301-431-5702
8700 Piney Branch Road, Silver Spring	
Longwood Community Center	301-570-1200
19300 Georgia Avenue, Brookeville	
Plum Gar Community Center	301-601-0966
19561 Scenery Drive, Germantown	
Potomac Community Center	240-777-6960
11315 Falls Road, Potomac	
Scotland Community Center	301-983-4455
7700 Scotland Drive, Potomac	
Upper County Community Center	301-840-2469
8201 Emory Grove Road, Gaithersburg	
Wheaton Community Center	301-929-5500
11711 Georgia Avenue, Wheaton	

Aquatic Centers: See page 8
Senior Centers: See page 5
Other Locations: See page 58

REGISTRATION INFORMATION

Five Ways to Register



RecWeb Online registration at <http://recweb.montgomerycountymd.gov>. Internet users must pay their account in full. If you need additional information, call 240-777-6840.



STARline members may register by using our telephone automated registration system. To become a STARline member, complete the application on page 53. STARline users must pay their account in full. STARline registration number is 240-777-8277.



Fax 240-777-6818

Faxed registrations must be paid by VISA or MasterCard. Due to high volume, we are unable to confirm receipt of faxes. To avoid duplication, do not mail your original form.



Mail or drop off:

Montgomery County Recreation Department
Attention: Registrar
4010 Randolph Road
Silver Spring, MD 20902-1099



Full Service in person:

Montgomery County Recreation Department
Administrative Office
4010 Randolph Road
Silver Spring, MD 20902-1099

Monday-Friday, 8:30am-5:00pm

Registration is also available at all Regional Service Centers (see listing on page 59).

Registration Confirmation

Confirmations will be mailed as registrations are processed. If you do not receive your confirmation, call 240-777-6840. A waiting list notification will be sent to you if you do not get placed.

Payment Information

- 1 Full payment must be made at time of registration. Do not submit registrations and/or payments to the instructor at the program. (See *Five Ways to Register*, above.)
- 2 Non-county residents must pay an additional \$10.00 per participant per activity.
- 3 Make checks and money orders payable to MCRD. Checks and money orders must include name, address, home and work telephone numbers, driver's license number, and participant's full name.

VISA or MasterCard payments are accepted. Registration form must include correct credit card number, expiration date, authorized signature, and authorized amount.

- 4 Financial assistance is available to county residents who are recipients of assistance from other Montgomery County agencies. Eligibility is based on proof of that assistance. A financial assistance application form may be picked up at any recreation office, community center, or swim center. You may also obtain an application by calling 240-777-6840; or through the internet: montgomerycountymd.gov/rec.

- 5 The Department of Recreation reserves the right to pursue all available options to collect any funds owed as the result of a dishonored check or credit card, charges incurred due to unsubstantiated credit card disputes, or any outstanding debt.

If your check is returned unpaid, your account will be debited electronically for the original check amount and electronically or via paper for the state's maximum allowable service fee. Payment by check constitutes authorization of these transactions. You may revoke your authorization by calling 800-666-5222 ext. 2 to arrange payment due for any outstanding checks and service fees due.

Withdrawal Policy

This withdrawal policy pertains to all Recreation Department programs unless otherwise noted in the program description or facility rental agreement. You may elect to receive a credit on your Recreation account for future programs or a refund which may be subject to a withdrawal fee equal to 20% of the program cost.

1. If your written withdrawal request is received more than seven days before the start date of the program, you will receive a full credit to your Recreation account. A refund of credit is subject to a fee equal to 20% of the program cost.
2. If your written withdrawal request is received seven days or less before the start date of the program, you will be charged a withdrawal fee equal to 20% of the program cost for a credit or a refund.
3. If your written request is received on or after the start date of the program, your credit will be pro-rated based on the date the request is received in addition to the 20% withdrawal fee. No credit is given for previous program days missed. No withdrawal requests will be considered after the last scheduled date of the program.
4. If the Department cancels a program, changes a location or time and you can not attend, or the program is full, you will receive a full credit or refund.
5. You may process your own withdrawal online more than seven days before the start date of the program (no withdrawal fees) at recweb.montgomerycountymd.gov.

Mail your written withdrawal request to Montgomery County Recreation Department, Attention: Refund Request, 4010 Randolph Road, Silver Spring, MD 20902; or fax to 240-777-6818; or email to rec.refund@montgomerycountymd.gov. This request must include the participant's name, payer's name, address, phone number, course number, reason for withdrawal, and specify credit or refund.

All refunds will be issued to the payer in the same form (check or charge) as the payment was received. Refunds will be processed within 2-3 weeks of receipt of your written request.

Registration Form

☐ Check here if new address/phone/email. **Please print.** This form may be duplicated.

PAYER'S: Last Name _____ First Name _____ Email _____
Address _____ City _____ State _____ Zip _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

PARTICIPANT'S: Address _____ City _____ State _____ Zip _____
(if under 18 years)
Mother's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____
Father's Name _____ Email _____
Home Phone () _____ Work Phone () _____ Cell Phone () _____

Participant's Name (last, first)	Birthdate mm/dd/yy	Sex m/f	School Attending	Grade	Activity Name	Course Number	Location	Start Date	Start Time	Fees*

*If you are a non-resident, include an additional \$10.00 per participant in the fee for each activity.

☐ Check or Money Order payable to MCRD, Attn: Registrar, 4010 Randolph Road, Silver Spring, MD 20902.

Total Amount Due: \$

☐ Master Card ☐ Visa Card No. _____ Expiration Date _____

CARDHOLDER: Name (print) _____ Signature _____ Date _____

If paying by credit card, you may **fax** your registration form to **240-777-6818**. If you need help completing this form, please call 240-777-6840.

The participant assumes all risks associated with participation in the program; the County assumes no liability for injury or damages arising from participation in the program. Due to the strenuous nature of some activities, the County encourages each participant to consult his or her physician concerning fitness to participate in the program. The participant consents to emergency treatment. The participant also consents to the County's use of any photographs taken or video tapes made of the program. If the participant is a minor, the parent or guardian approves his or her participation in the program. Neither the instructor nor any of the staff are responsible for children prior to or after the scheduled program.

Participant or Parent/Guardian Signature _____ Date _____



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Lake Needwood | Rockville

www.lakeneedwoodboats.com 301-762-1888

CAMPING

Little Bennett Regional Park

Clarksburg

www.littlebennettcampground.com

301-972-9222

GARDENS

Brookside Gardens | Wheaton

McCrillis House and

Gardens | Bethesda

www.brooksidegardens.org

301-962-1400

GOLF

Little Bennett | Clarksburg

www.littlebennettgolf.com 301-253-1515

Northwest Park | Wheaton

www.northwestparkgolf.com

301-598-6100

Needwood | Rockville

www.needwoodgolf.com 301-948-1075



Sligo | Silver Spring

www.sligogolf.com

301-585-6006

NATURE CENTERS

Black Hill | Boyds 301-916-0220

Brookside | Wheaton 301-946-9071

Locust Grove | Bethesda 301-299-1990

Meadowside | Rockville 301-924-4141



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Wheaton Train • Carousel

www.wheatontrainandcarousel.com

301-946-6396



www.MontgomeryParks.com



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Department of Recreation
4010 Randolph Road
Silver Spring, Maryland 20902

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Montgomery County Recreation
Department recycles paper, bottles,
and cans in our programs.

or current resident